

SUTRA SUTRA

A POSITION A DAY 365 DAYS A YEAR

KAMA SUTRA



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A POSITION A DAY **365** *DAYS A YEAR*





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Introduction

Since time out of mind, we've loved spicing up our sex lives with a little variety. Have you ever wanted to dazzle a new lover with your wicked invention? Or to refresh the long-cherished intimacy you hold with the familiar love of your life? Or to try something totally new just for the fun of it? As it turns out, so did our ancestors.



INTRODUCTION

Here, you'll find a position for every day of the year, inspired not only by the most famous love text in history but by other classic authors. Who hasn't heard of the Kama Sutra? Written sometime between the second and fifth centuries by the great yogi Mallanaga Vatsyayana, its aim was not just to share naughty secrets but also to reflect on the whole nature of pleasure, love, and how to live a fulfilling life. A grand work indeed, but not the only word on the subject: In these pages, you'll also find tips from other classics—the Smaradipika, the Ananga Ranga, the Panchasayaka, the Ratikallonlini—books written by poets, scholars and philosophers to enlighten lovers across the ages. If all that sounds scholarly, don't worry: Yourself and your partner are all you need to bring to the table... or bed, floor, staircase, or anywhere else you choose.

INTRODUCTION

People are sexy creatures, whenever or wherever they're born, and we love to experiment. We all know that different positions are one way to shake things up: Sex is a physical conversation and the stance you strike at the beginning can do a lot for your tone. But there's more to it than just different twists and angles. Human beings are creative, and we like to work together making new and beautiful things. As the ancient writers taught us, sex can be part of that: To try new ideas in bed is to sculpt with sensation, to paint with love. Artists of former times knew that sex could be an art.



INTRODUCTION

There are many ways you can read this book. You can leaf through, looking for a new favorite and trying whatever catches your eye. You can take on the huge and hilarious challenge of attempting one position every day—and whether you succeed or not, there's no question you and your partner will be happier, funnier, and closer for giving it a shot. If you're after something specific, you can also flip to the end, where you'll find a Random Selector pointing you toward our particular recommendations for whatever mood you're in.

Some of these positions are sensual, sleepy, or spiritual caresses. Some of them are limb-bending, brow-raising feats to make you feel tingly all over.

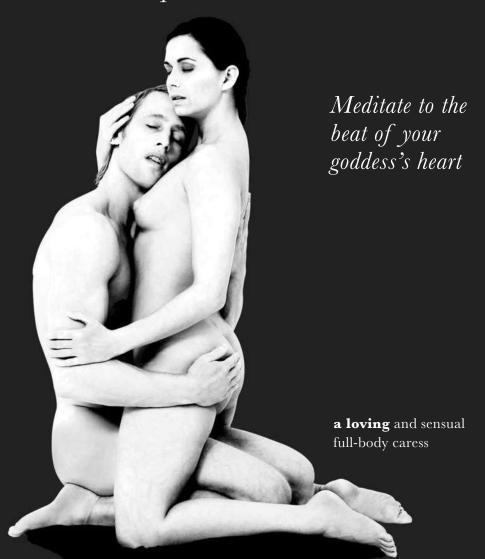
All of them are a door to a creative playground where you and your lover can run wild.



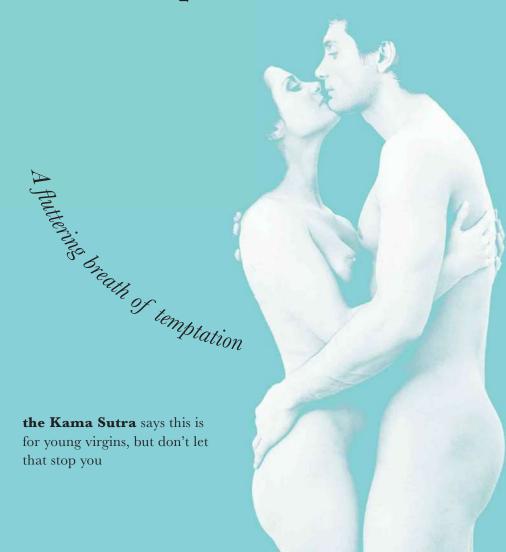
The Positions



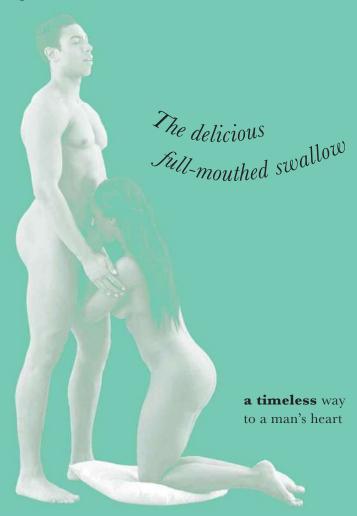
DAY 1 THE PULSING EMBRACE



DAY 2 THE ALMOST-KISS



day 3 sucking the mango stone



DAY 4 ROLLING THE PEARL



lightly massage with fingertips on either side, moving in gentle counterpoint

DAY 5 THE MAIDEN'S GRANDEUR



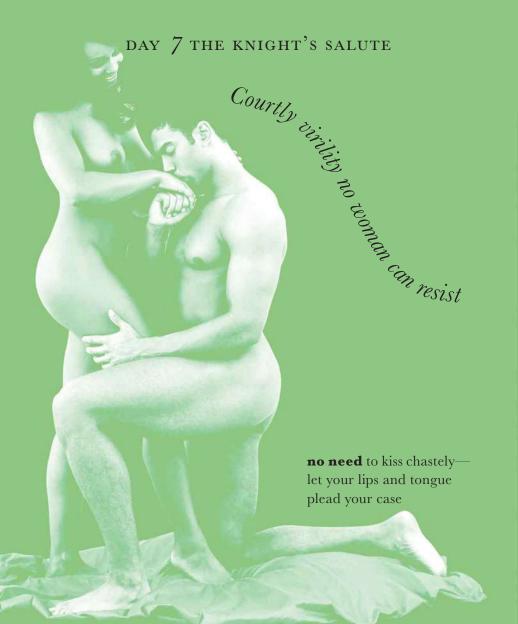
the wide-set posture makes the woman's back rise straight and haughty

DAY 6 THE SNAKE EMBRACE

Twine together in unthinking bliss



eyes closed and heads averted, experience pure sensation



DAY & KSHOBAKA (STIRRING)



the Kama Sutra describes this lapping movement as drinking at her sacred fountain

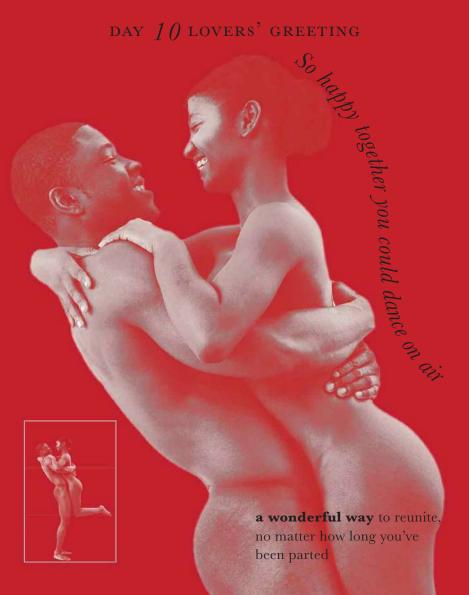
day g the cupped bowl



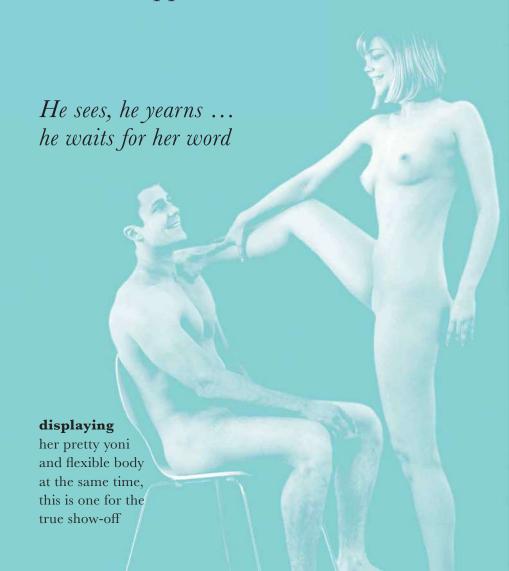
Succumb to a state of pure nurture

fingertips at the base of the skull are chaste, but astonishingly intimate

DAY 10 LOVERS' GREETING

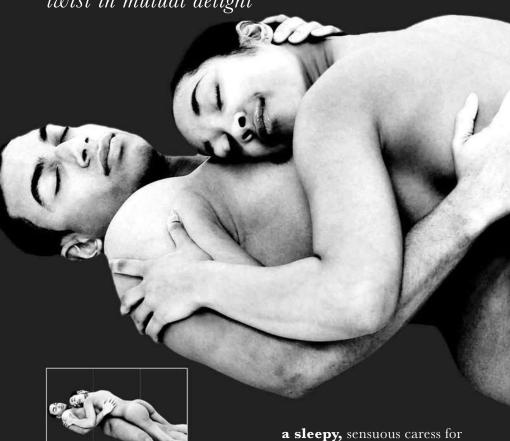


DAY 11 FLAUNTING THE PRIZE

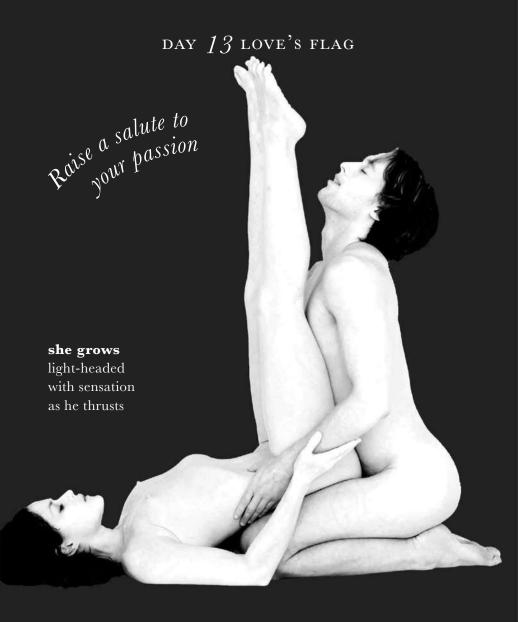


DAY 12 THE BRAIDED REEDS

Twine thigh-to-genital and twist in mutual delight



a sleepy, sensuous caress for lovers newly acquainted



DAY 14 THE PESTLE

Lie still while your lover grinds you to ecstasy



a delicious chance for a man to let his hips do the talking

DAY 15 THE LIFTING VESSEL



a vibrant position that helps the woman free herself from shyness

day 16 piercing the darkness



day 17 the waving bow





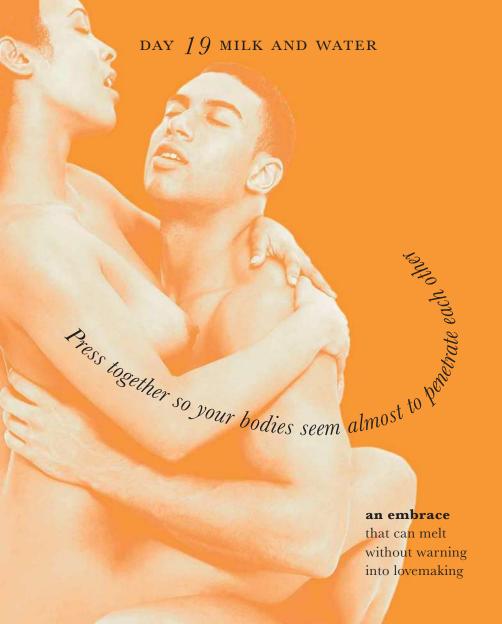
playful and exciting at the same time, this is a charming way to seduce him

day 18 forehead embrace



Caress
mind-to-mind
in a gentle embrace

for a meditative thrill, focus only on those places where you touch





day 21 the wild boar



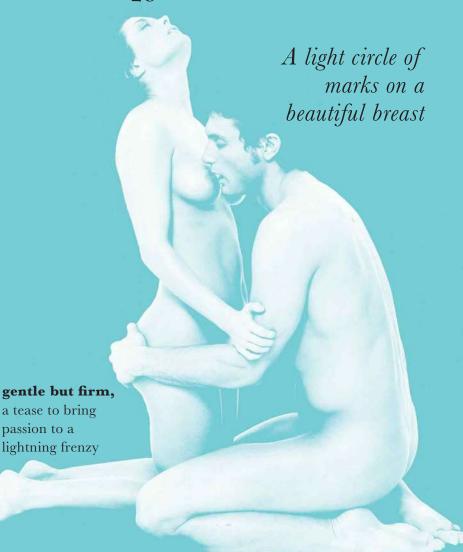
day 22 the circling tongue



the Kama Sutra advises you to probe with your nose and chin as well as your mouth



day 23 the storm cloud



day 24 the seat of sport

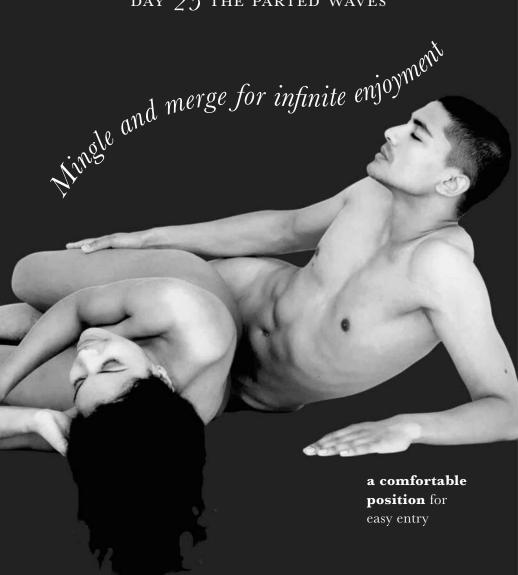
Play together with innocent delight





a sweet position recommended by the Smaradipika

day 25 the parted waves



day 26 winding the thread



with each downward stroke, add a little twist over his most sensitive point

day 27 the folded lily



day 28 drinking the dewdrop

Make your beauty thirsty for more



a light lick and suck that makes even the shyest woman eager

day 29 the warrior downed



Vatsyayana tells a woman in this position to laugh at him, drunk with conquest

DAY 30 THE MARE'S TRICK

Squeeze and stroke him inside your vice

the Kama Sutra says this takes long practice; Dr. Kegel would say that's a fine idea

day 31 the attendant



Form a circle of caressing, from head to toe

the man enjoys his woman's tender touch and her silky legs in perfect ease

day 32 love's blindfold





hold your beloved secure while she whispers her darkest dreams



day 33 chushita (sucked)

Praw deep kisses from her well of pleasure



the Kama Sutra suggests that you add some nibbling as well

day 34 the open-handed strike

Tread the breathless border between pain and pleasure



day 35 the line of dots

Decorate her with a secret memento



bite gently, but enough to leave a trace she can cherish

day 36 the peach hold



DAY 37 THE INNER GRASP

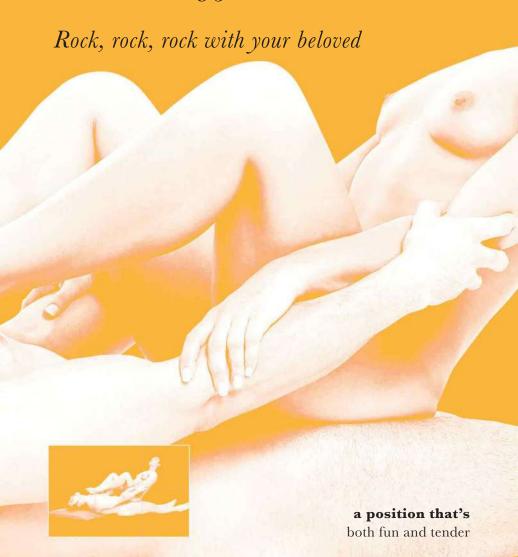
Fold him hard for a moment before releasize



Don't forget to cover your teeth with your lips



day 38 the rowboat

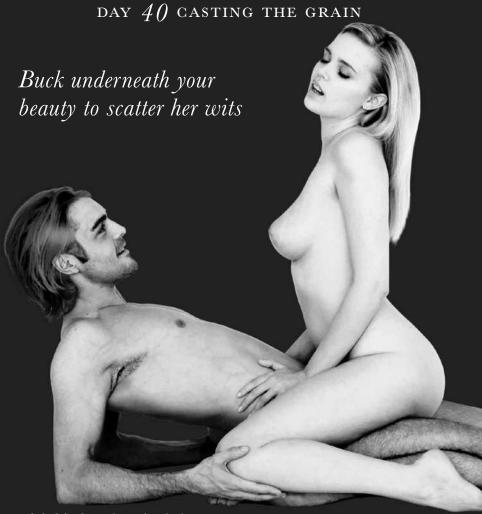


DAY 39 THE WILD HORSES

A vigorous position that shakes the woman's body into frenzy



with one foot loose, clasp your lover's hips for steadiness so you can move freely



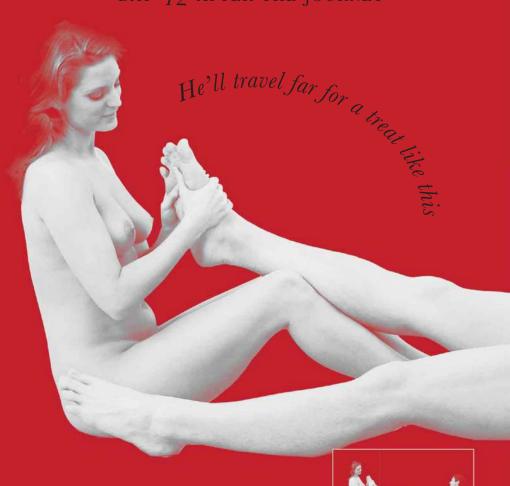
with his legs bent back, he can thrust with unexpected force

DAY 41 THE PEACOCK'S TAIL



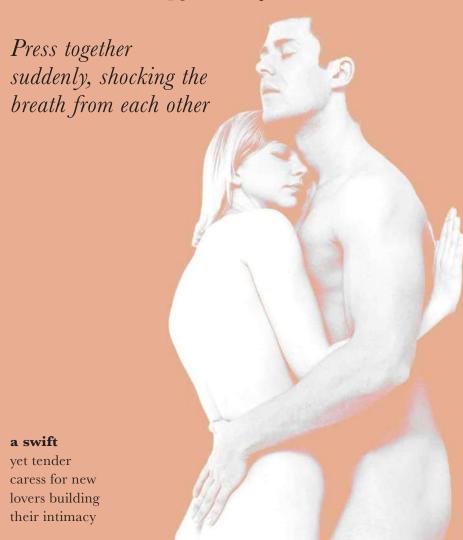
for those who can manage it, this gives a stretched, wide-open sensation

day 42 after the journey



don't forget that life is a voyage together, so do this often

day 43 the squeeze



DAY 44 THE TIGER'S CLAW

Rake your mark across your doe's flank



the Kama Sutra suggests that nail play is particularly thrilling before and after a long separation

day 45 the flower garden



DAY 46 LEOPARDESS KISS

Knead and groom your handsome prey



to make a game of it, nip him lightly if he squirms

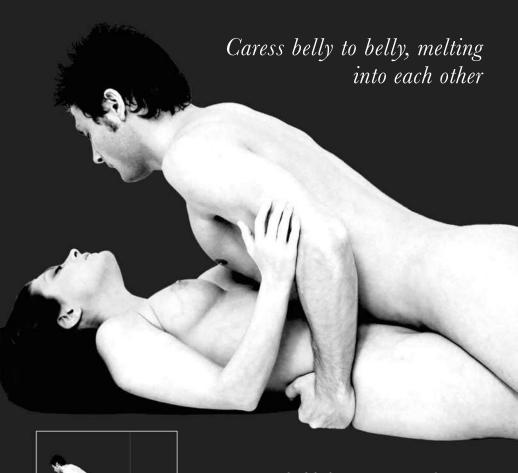
DAY 47 TWINING OF THE CREEPER



Twist and nestle together, freestanding like dancers

an embrace that suits both gentle and passionate moods

DAY 48 EMBRACE OF THE JAGHANA



a hold that presses each jaghana (middle part of the body) against the other

$\overline{\text{DAY } 49}$ prasritaka love-blow

Curl your hand into a snake-hood shape and strike cupping the hand cushions the impact, so this is great for playful swatting

day 50 the victory



a good grip on each other's legs gives this position a nice, secure feeling

DAY 51 RIDING THE TONGUE

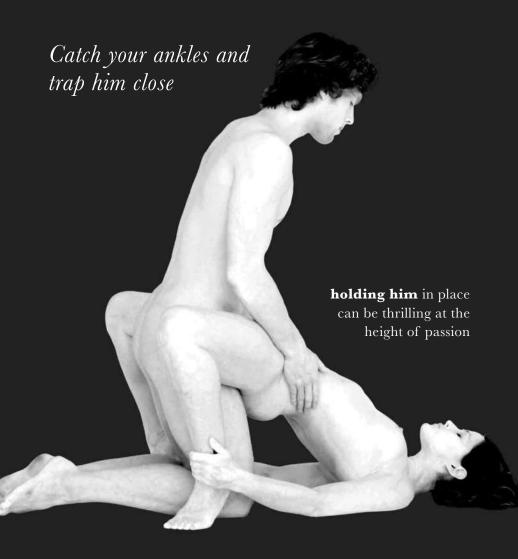
Squirm and dance over your lover's moving mouth

men, let your woman lead the way while you honor her with your tongue

day 52 the lover's heartbeat



day 53 the foot yoke



day 54 plucking the petals

Tug gently at her lips to release her nectar



one that can be tried with or without lubricant for different sensations

day 55 the long caress

Thigh to chest, relish your lover's fine flesh



holding the leg in place, the caressing one strokes gently as far as their fingers will go

day 56 the approach

Slide into a sensuous embrace

a caress that can easily slip into deeper pleasuring as the lovers' hands wander

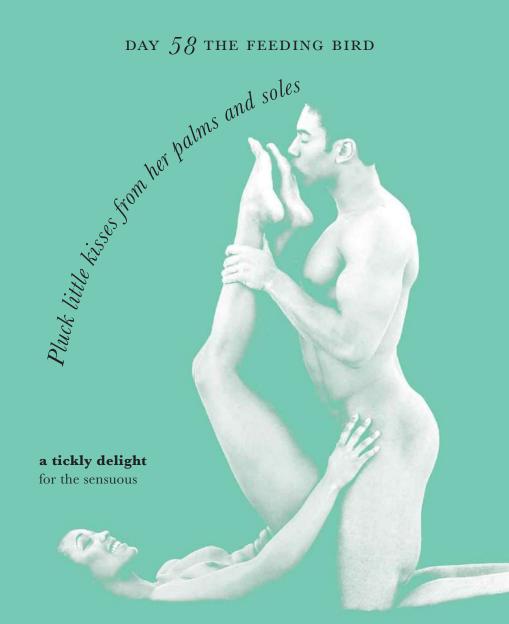


DAY 57 THE KISSING GAME



if you lose, Vatsyayana says to protest that your lover cheated and you want another chance

day 58 the feeding bird



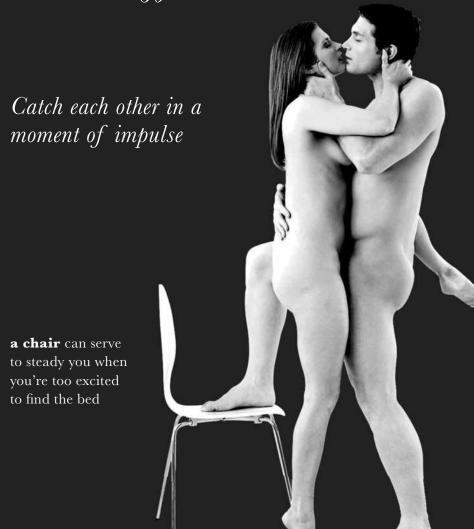
day 59 the milkmaid's patience

Draw long strokes of pleasure until he begs for release

pause a little at the end of each, so he is always on the brink of climax



day 60 the double hook



DAY 61 THE BAMBOO GROVE

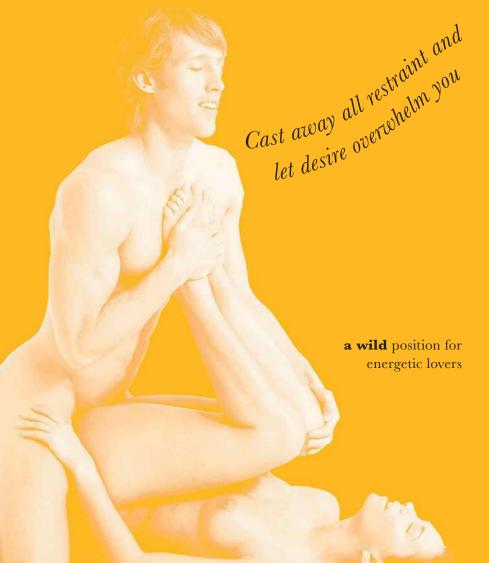


Enter between sweet, smooth limbs

> excellent for deep penetration, or, if you prefer, for anal

day 62 union of the elephant Primal thrusting for deep pensis a positions strep

DAY 63 THE HIGH PRESSED POSITION



DAY 64 BAHUCHUSHITA (SUCKED HARD)



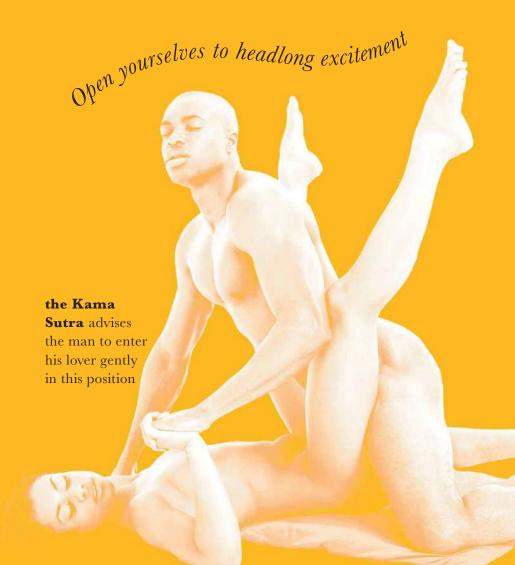
day 65 the rudder



day 66 capturing the maiden

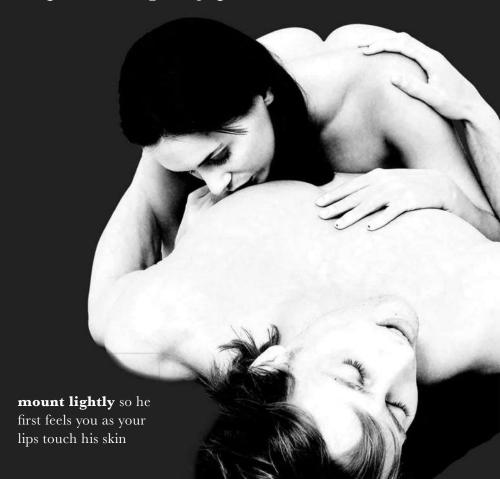


day 67 the wide yawn



DAY 68 THE KISS THAT AWAKENS

Coax your beloved from the depths of sleep to the heights of passion



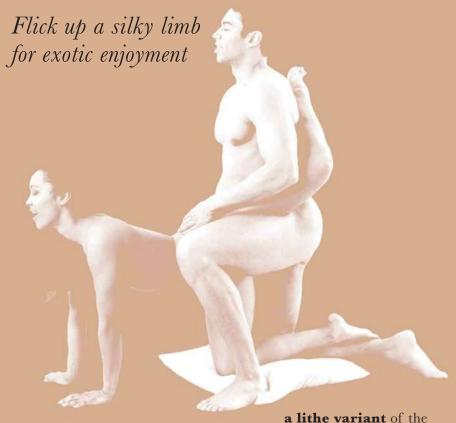
day 69 splitting the bamboo



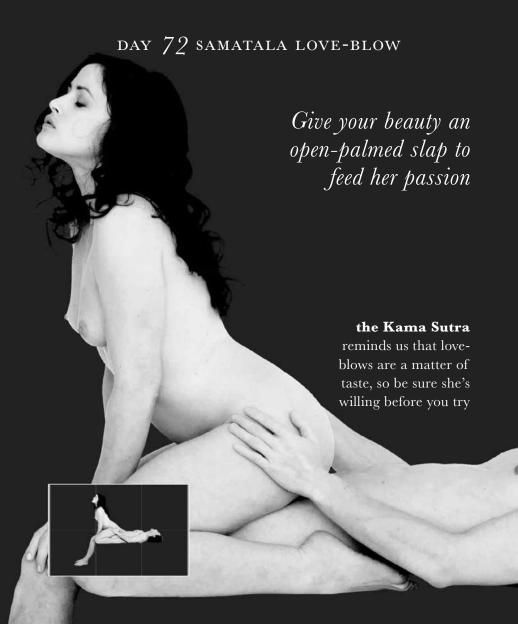
DAY 70 CLOSING WINGS



day 71 the twisting cat



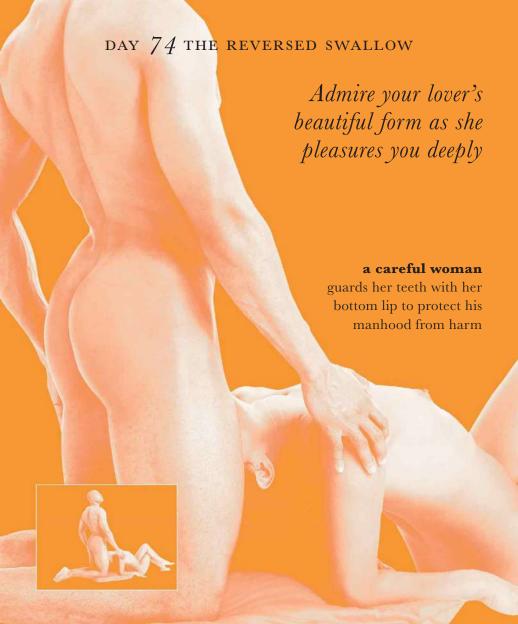
a lithe variant of the standard all-fours, good for creating interesting pressures on him



DAY 73 SCALING THE PASS



penetration may be tricky, but with some massage oil he can rub blissfully against her pretty stomach



day 75 the furrow

Streak little tracks in her waiting skin

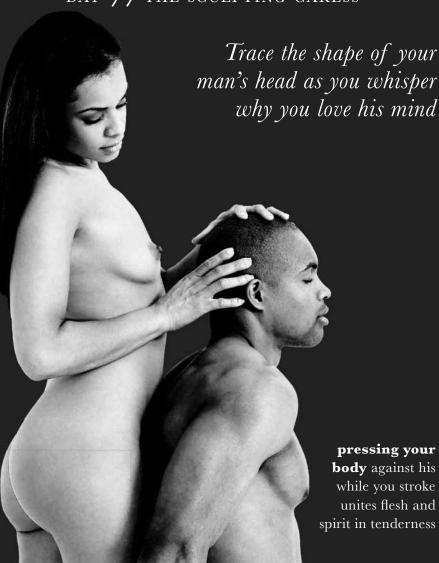
the Kama Sutra calls it unchivalrous to go on a journey without leaving at least a few scratched mementos

day 76 the chest embrace



a thrilling way to enjoy each other all over

DAY 77 THE SCULPTING CARESS



pressing your body against his while you stroke unites flesh and spirit in tenderness

DAY 78 TASTING THE FIGS

With all exposed, let your tongue wander freely



an earthy pleasure for the uninhibited

day 79 opening love's pages

Study his secrets with your learned fingers





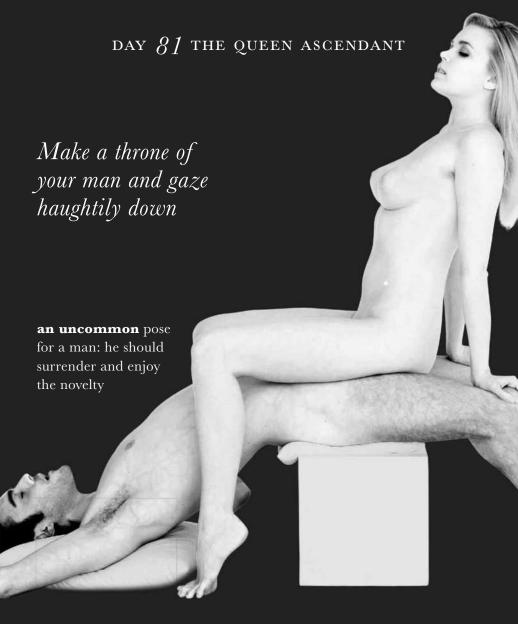
an affectionate pose that allows him to relax and be explored

DAY 80 THE CLING

Hold hard and tight and thrust full-speed

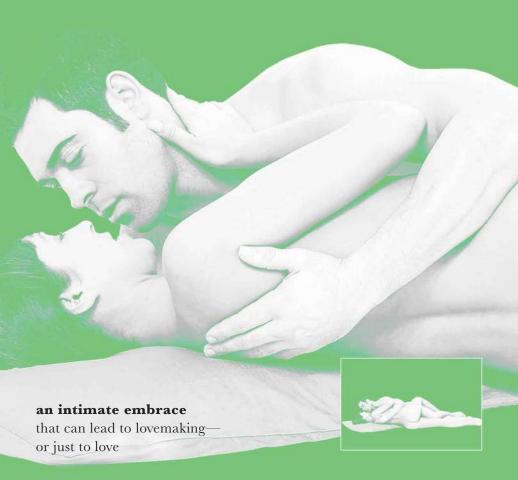


a tiring position to sustain, so take full advantage and go all-out while it lasts

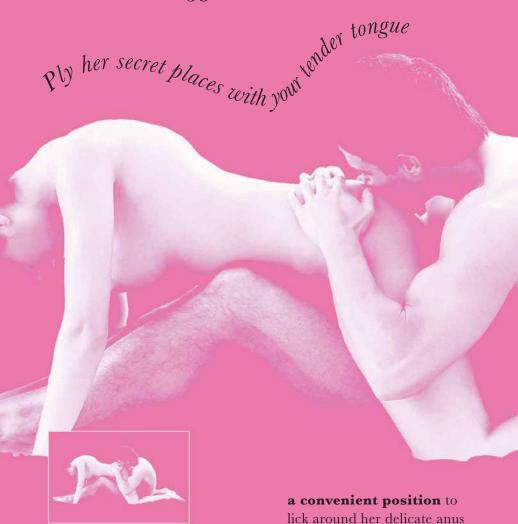


day 82 sesame and rice

Intermingle until you can hardly tell one from the other



day 83 the second gup



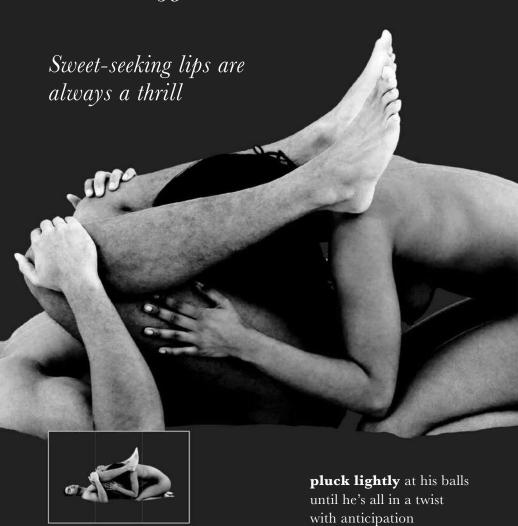
DAY 84 THE RAISED FLAME

Build up your fire with a little support from below

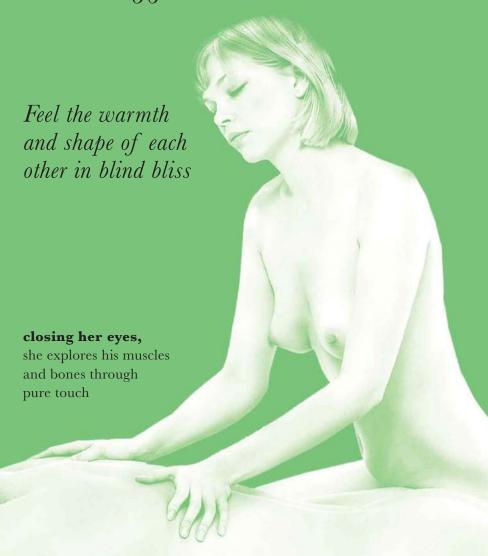


a well-placed pillow can be just the thing to achieve the perfect angle

day 85 nibbling the lychees



day 86 the sightless maiden





Thrust to the rhythm of the ocean until both your bodies echo with joy

a braced and bracing stance that allows for deep penetration

DAY 88 FEIGNING INDIFFERENCE

He thrusts, she looks away and pretends to ignore him



a particularly good game for after-argument sex

day 89 the wine press

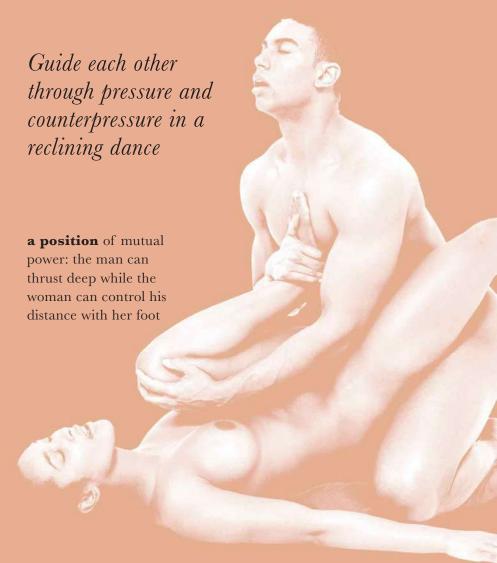


thrusting can take a lot out of a man, but a clever woman knows how to keep him refreshed

day 90 the anticipated kiss



day 91 half-pressed



day 92 the valley of desire

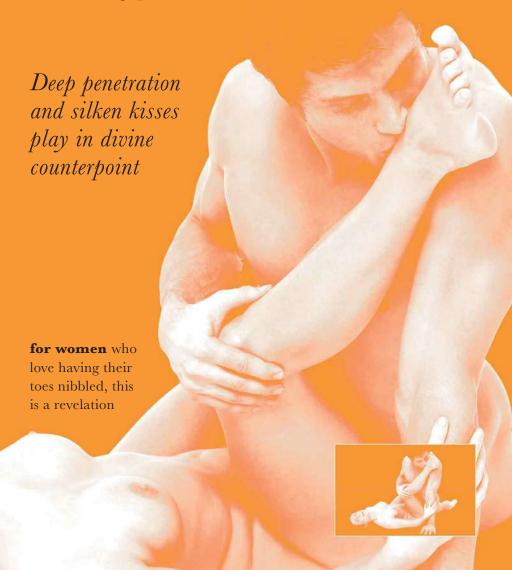


day 93 the flying fish



all the thrusting falls to him here; let him enjoy the control

DAY 94 OPENING THE HEAVENLY GATE



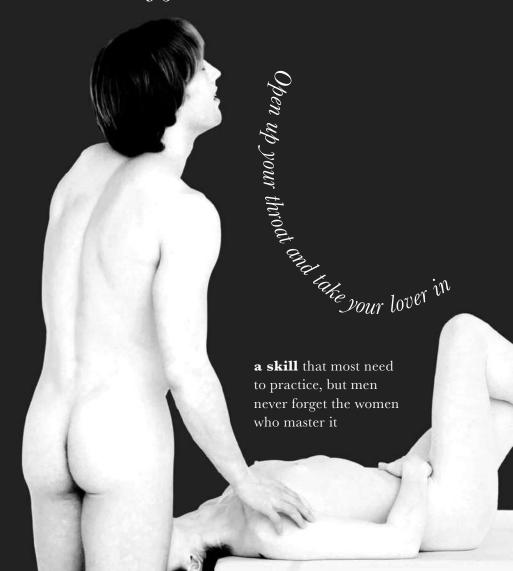
day 95 playing the sitar

Hold your graceful woman and let your fingers pluck



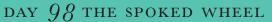
tender and romantic but also sexy and exciting: a true lovers' favorite

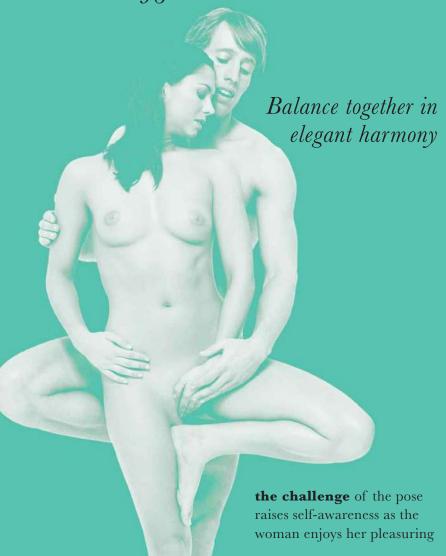
day 96 swallowing the stalk



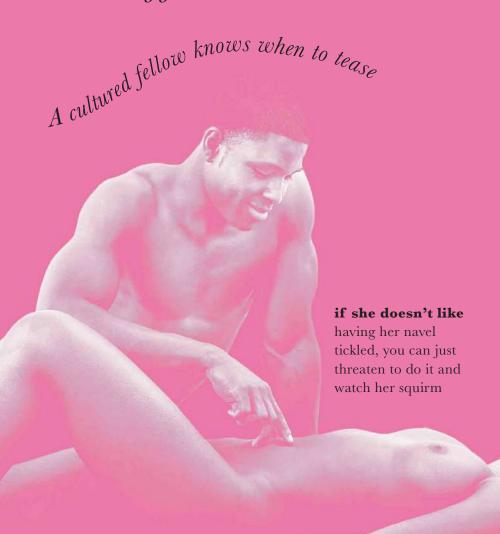


a position in which to rock gently, keeping each other's comfort in mind

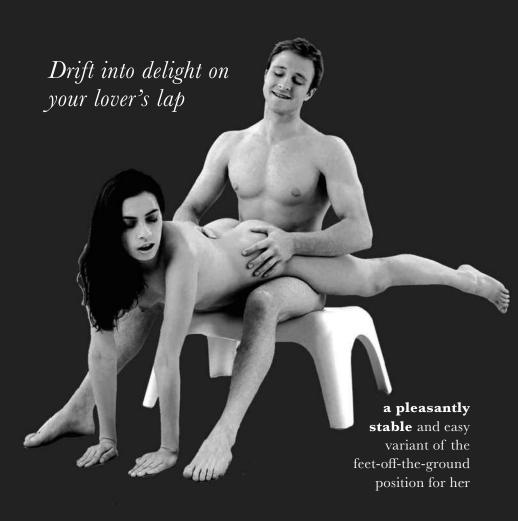




day 99 dipping in the inkwell



$\overline{DAY} \overline{100}$ The raft





DAY 102 GOAT CONGRESS



the upward angle allows the man a vertiginous view of his woman's back and bottom

DAY 103 THE JUMPING CRICKET

Leap together until she thinks in delight

a position for playful lovers looking to challenge their bodies

DAY 104 THE HIGH KISS

Catch each other's lips and suck in languorous ease

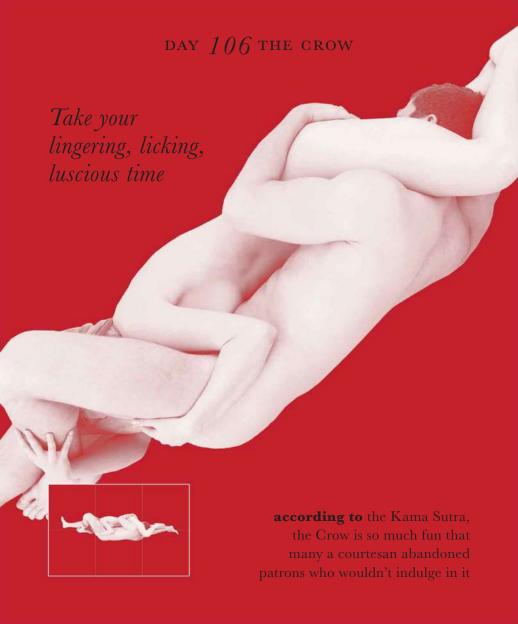


the Kama Sutra defines this as her kissing his upper lip while he kisses her lower lip

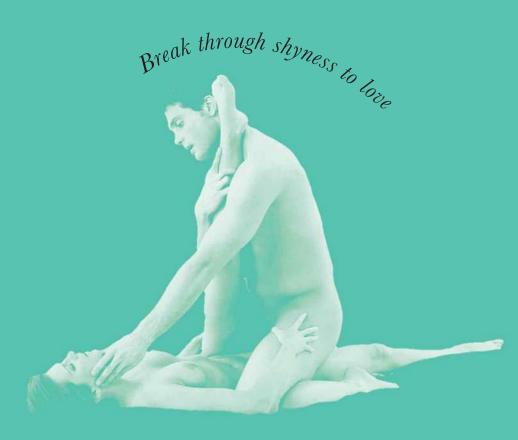
DAY 105 BENDING THE REED



true relaxation for the woman that will always make her appreciate her man



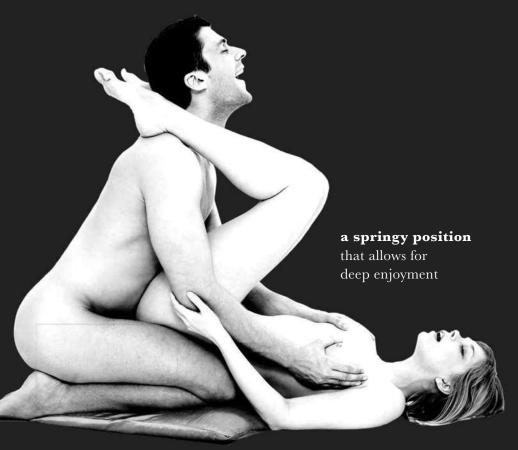
day 107 forcing the gaze



if she turns her eyes away in unusual positions, gently steer her face and coax her to look at you

DAY 108 HALF JEWEL-CASE

A man treasuring his lover's yoni and breasts at once has wealth indeed

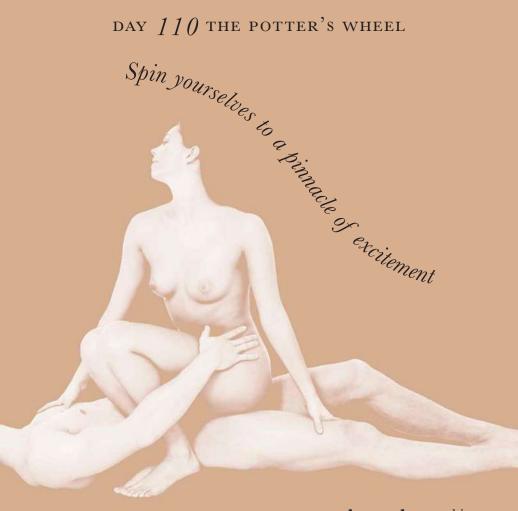


DAY 109 THE GLANCING CONGRESS

Angle your bodies apart to luxuriate in the cool air on your skin

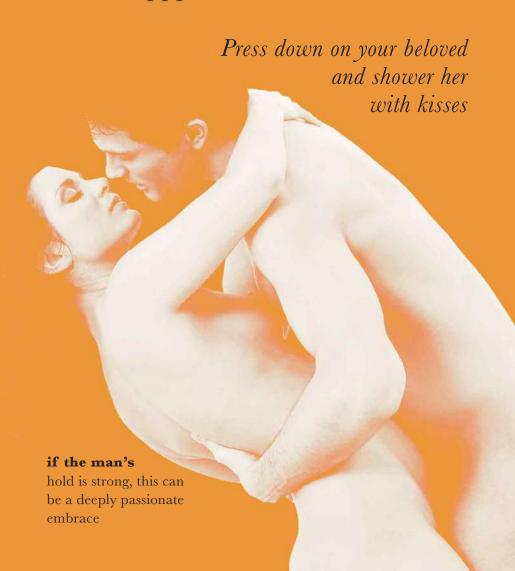
an embrace best tried on a soft floor for a good stable base

DAY 110 THE POTTER'S WHEEL



as she revolves on his hips, he can caress her beautiful thighs

DAY 111 THE BENDING EMBRACE



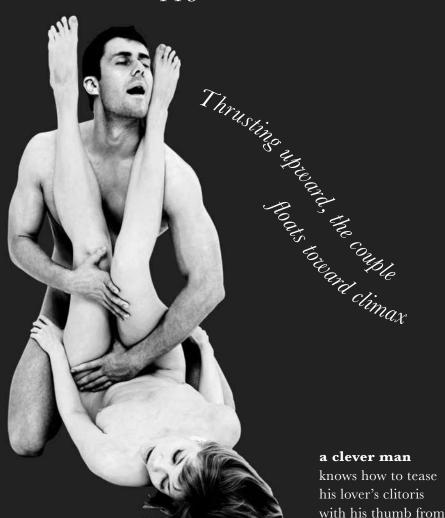
DAY 112 LOVE FLICKERING INTO FLAMES

Gazing at the man's face, his beloved kisses him to wakefulness



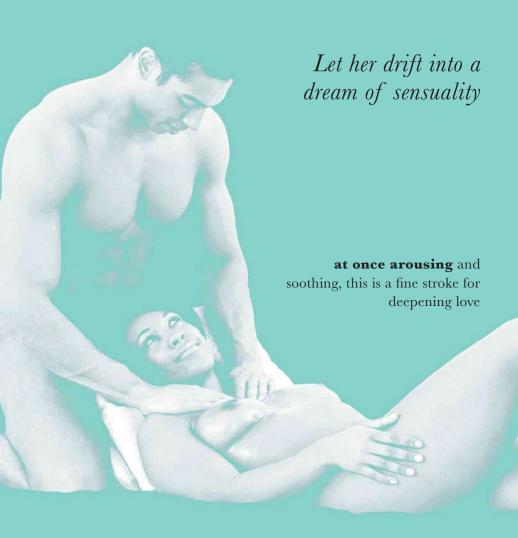
a delicious experience that can kindle any kind of lovemaking

DAY $1\overline{13}$ rising position



this stance

DAY 114 THE CIRCLING CARESS



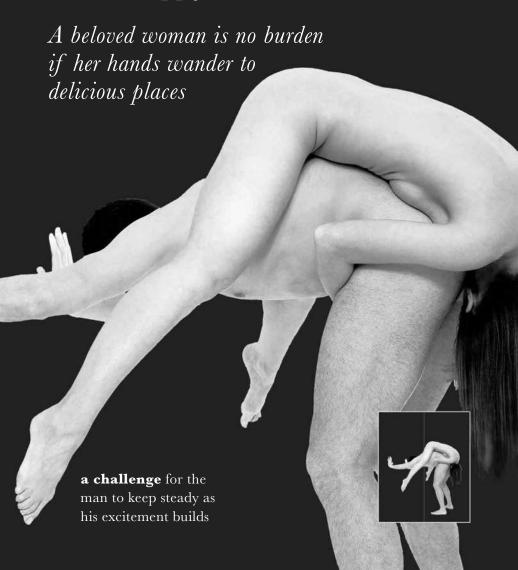
day 115 the grass blade

Tickle him from below with your soft-stemmed tongue



a marvelous way to startle him into uninhibited laughter

DAY 116 THE TORTOISE SHELL



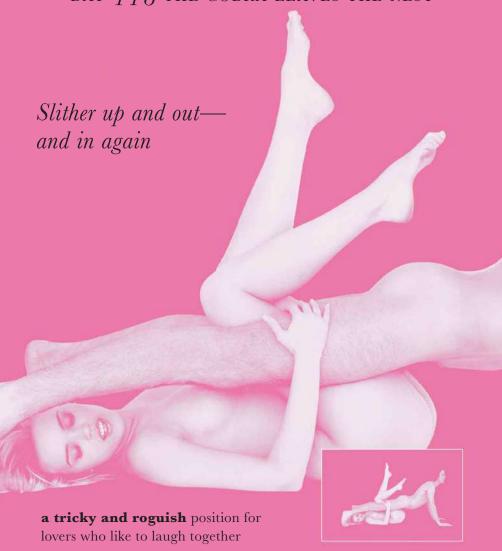
DAY 117 TILTING CONGRESS

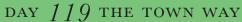
It's easy to be overwhelmed when you're off-kilter

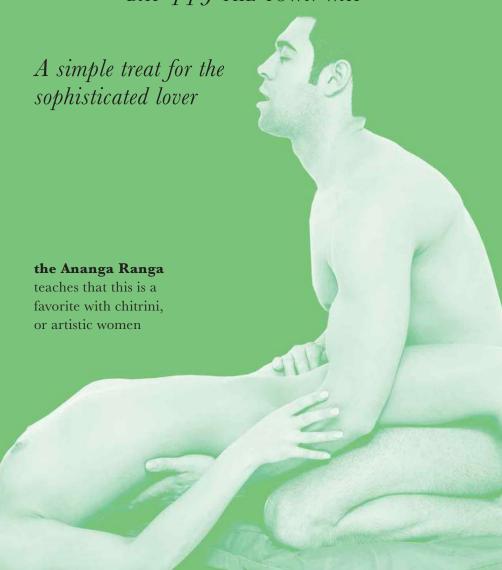


good support for elbows and knees adds greatly to her comfort here

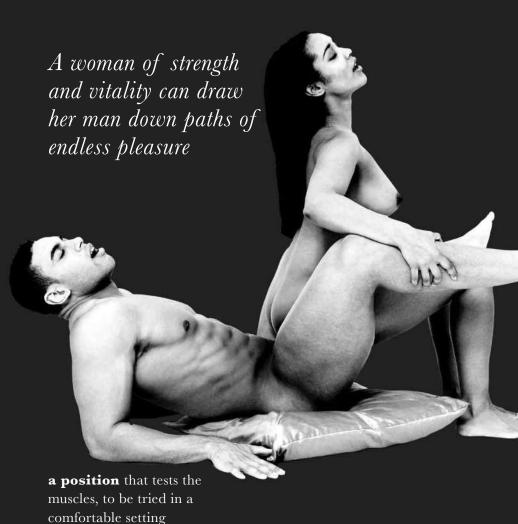
DAY 118 THE COBRA LEAVES THE NEST



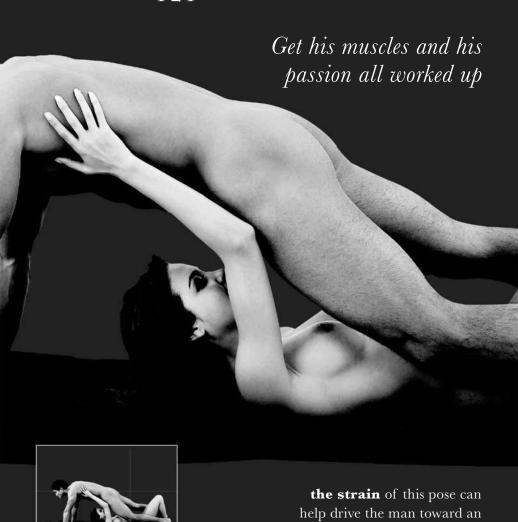




day 120 the Rickshaw

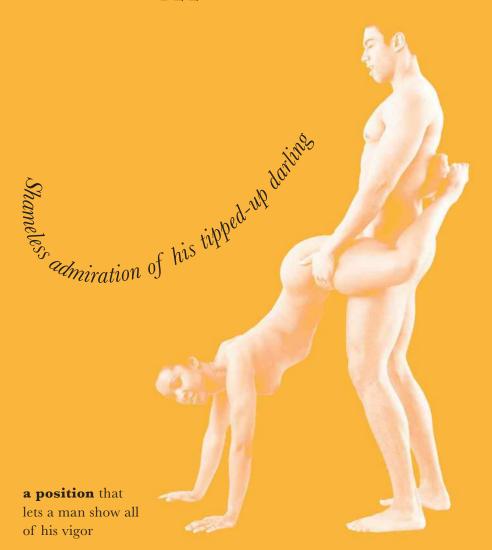


DAY 121 THE TAUT RECIPIENT



intense orgasm

day 122 beauty inverted



day 123 the kneading kitten



day 124 the resting bud

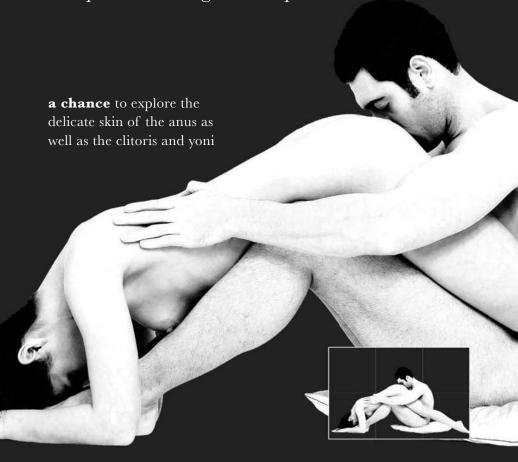
She tucks her limbs tight as a spring shoot



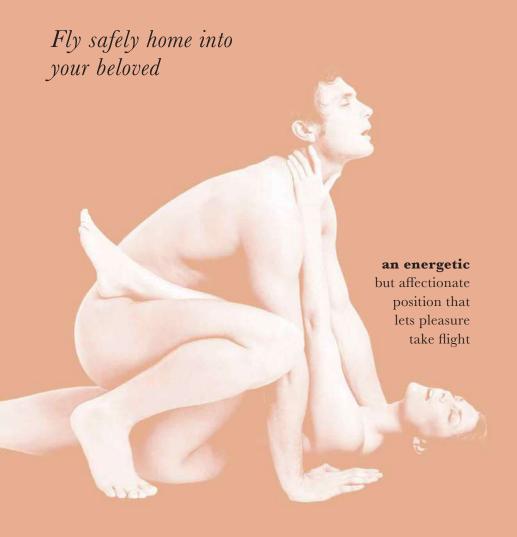
a fine position for deep entry

day 125 azalea kiss

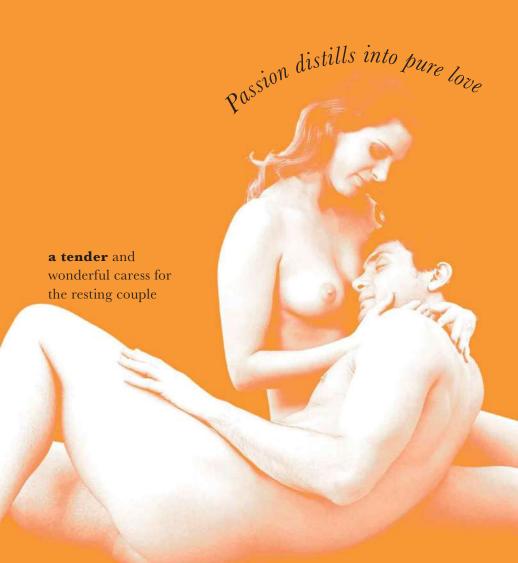
With a woman's treasures right before him, a man can quest with tongue and lips



day 126 the swift's nest



day 127 cradled embrace



day 128 breaking the column







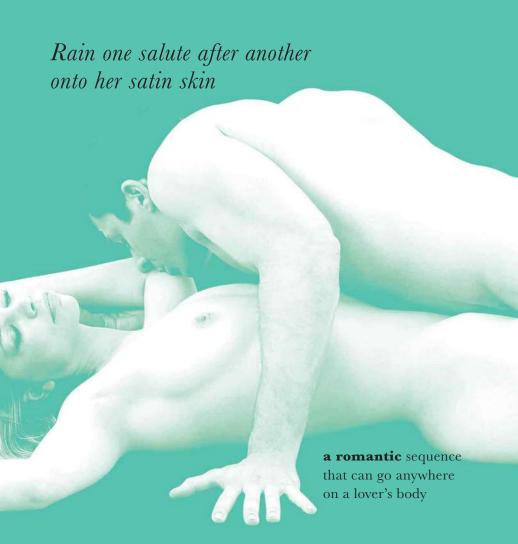
day 130 kissing the petal

The delicate flesh of a woman's earlobe is a feast for the tender tongue



hold your lover firmly while she squirms in ecstasy

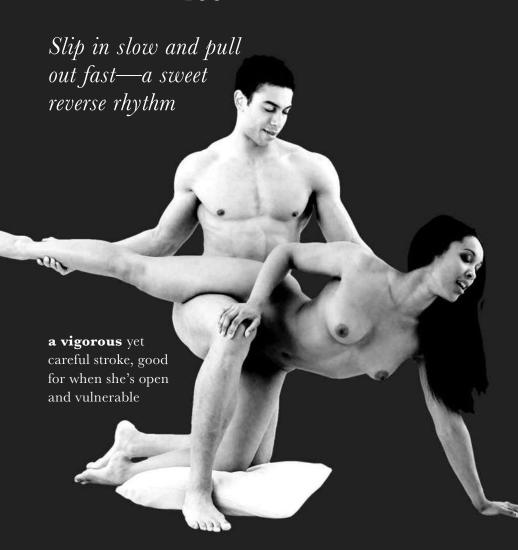
DAY 131 THE PATTERING KISS





use lubricant for smooth, unbroken flow

day 133 sliding strike

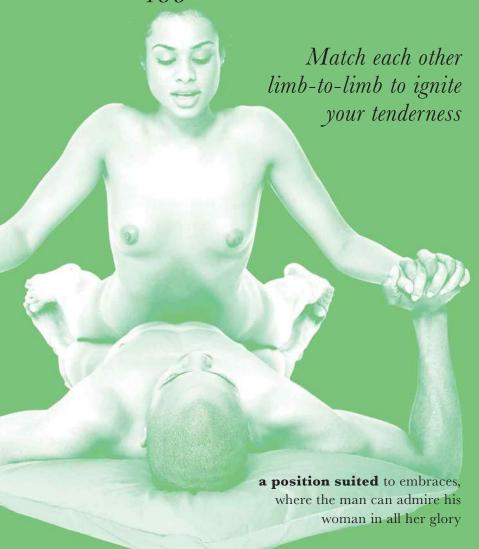


DAY 134 THE TRIPOD

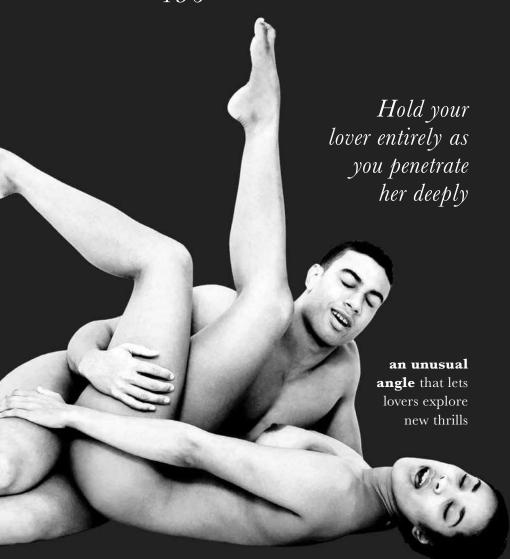
A rough-and-ready stance for lingering strokes

the Panchasayaka defines the Tripod as the man holding one of the woman's knees while his hands caress her

day 135 the mirrored flame



day 136 the tumbled hold



day 137 the trembling kiss

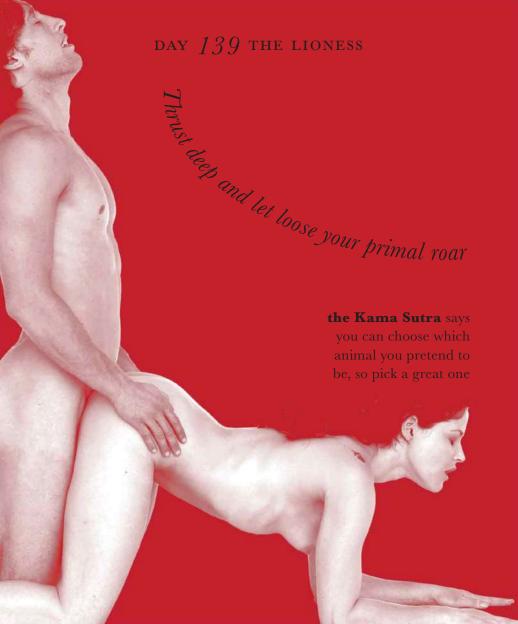
Nibble lightly until anticipation shivers into pleasure

> a light, exploratory kiss—save your tongue for later

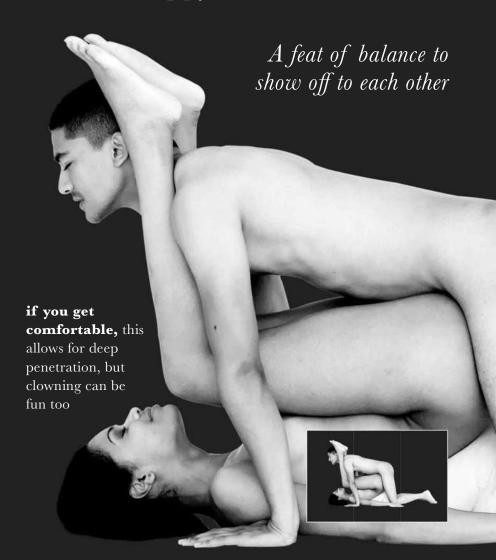
DAY 138 CHUMBITAKA (KISSING)



hold off on the sucking and lavish all your attention on his sensitive underside



day 140 the tumblers



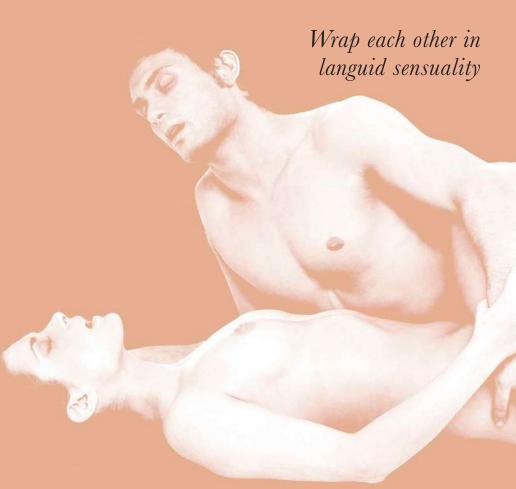
DAY 141 THE TRAPPED DOGS

Press yourselves together in animal curiosity



a playful embrace to explore each other genital-to-genital

day 142 the half clasp



a comfortable position for slow, loving congress

DAY 143 THE FOAL'S KISS

Sestle up behind her for a good nuzzle

a fun way to get your beauty's attention in the morning

DAY 144 THE NEW LEAF

Furled around her lover, she grows tender



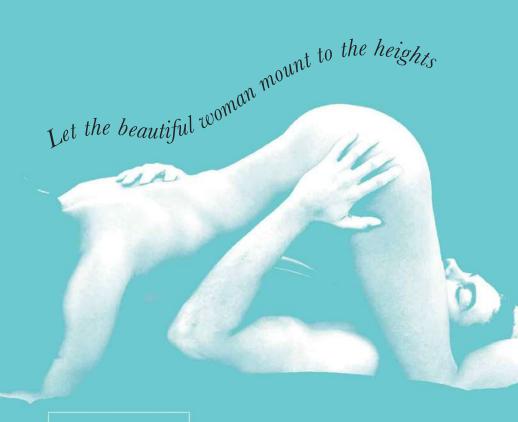
a way to fill your romance with the joys of spring

day 145 the Turnaround



particularly good if his erection naturally angles downward

day 146 the nesting crow





a comfortable variation on an old favorite

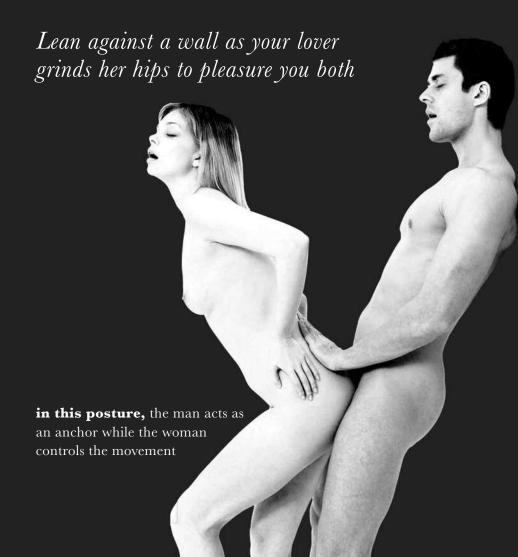
DAY 147 THE RECLINING WRAP

Hold your woman's thighs and enjoy her feminine flesh

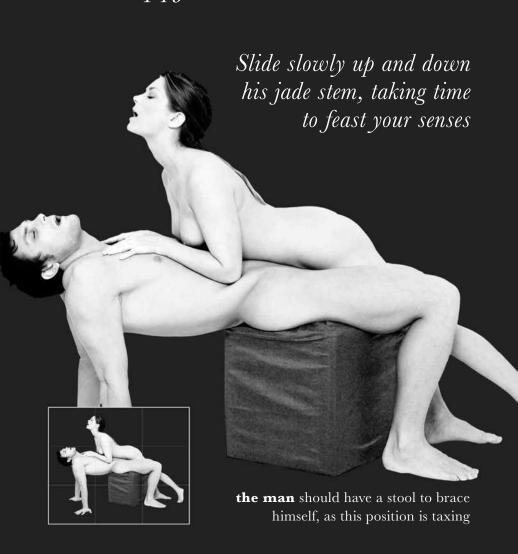
nestling his genitals close to hers

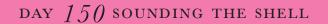


DAY 148 THE STEADIED MAN



day 149 the table of pleasure





Tap and tease until her body sings

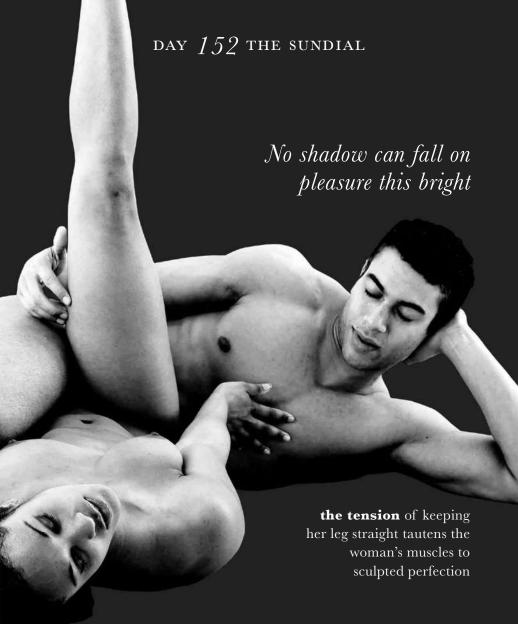
drum your fingers on her tenderest parts in a light, percussive rhythm

day 151 tipping the amphora



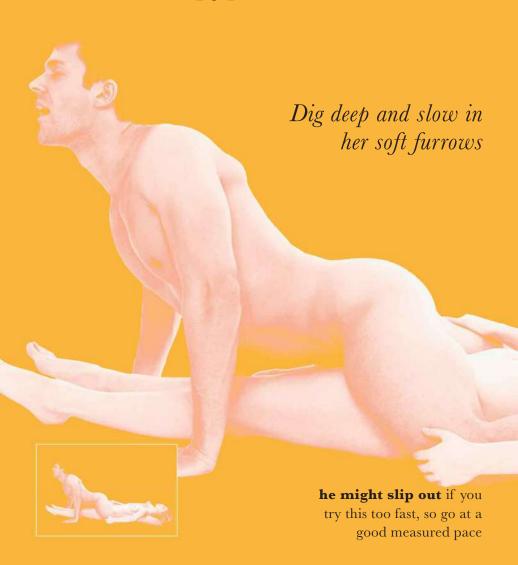
Get a good grip and challenge gravity

wisest to do this over a soft surface for your own peace of mind

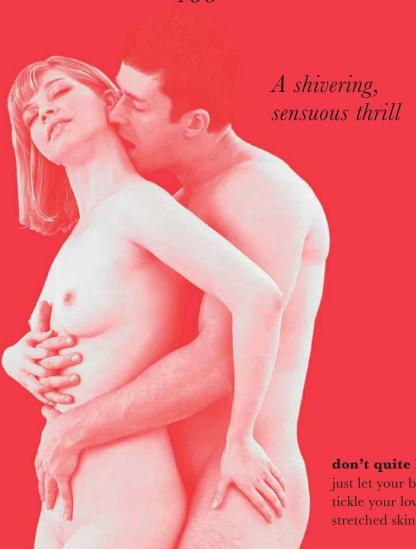




day 154 the harrow



day 155 kiss of breath



don't quite kiss: just let your breath tickle your lover's

day 156 half-curled

Wrapped lightly in her lovely legs, he presses forward



a position that suits anal penetration as well

day 157 the dancer's approach



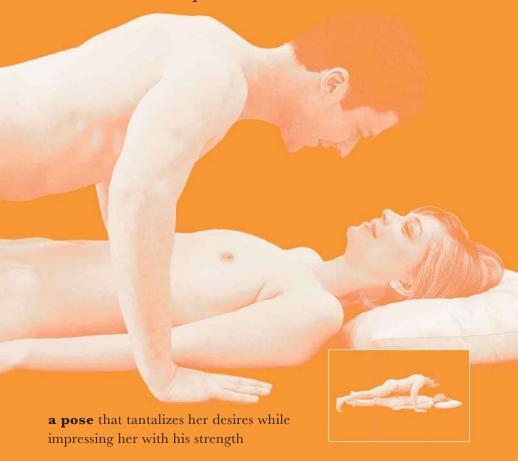


A dream of pleasure and a dream of grace combined

the man should take a steady stance and be sure to hold his lover securely

day 159 the eagle's perch

Breathless anticipation before the downward swoop



day 160 love's stool

Offer yourself up for absolute exposure



if she's limber enough to sustain this, the rush of blood to the head is thrilling



Wind branching loops
of love bites around
your lover's neck
and shoulders

the Kama Sutra suggests pressing only with the upper incisors

DAY 162 THE SAILOR'S PROW

Feel the motion as you ride secure against your lover's thighs



from this position, a man can admire his lover's back and bottom while enjoying the touch of her breasts

day 163 the sleeping kiss

Stir his dreams with your lips





in a few minutes, he wakes up primed and passionate

DAY 164 LOVE'S KEYS

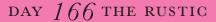
The cunning artisan unlocks her lover's desires



the crossed keys of her feet hold his head so he must gaze at her











it can be easy for the man to slip out of his woman in this one, but rubbing against her clitoris is just as lovely



Strain against each other to heighten the intensity of your connection

experienced lovers use the

Pulled Knot for variation in lovemaking, moving in and out of the position

day 168 the flying crow

Give it a chance and see if your excitement takes wing!

of course there are easier ways to do this, but it's good to try a real challenge sometimes

DAY 169 SITTING ENTHRONED

Resting impaled, the woman squeezes her muscles around her lover

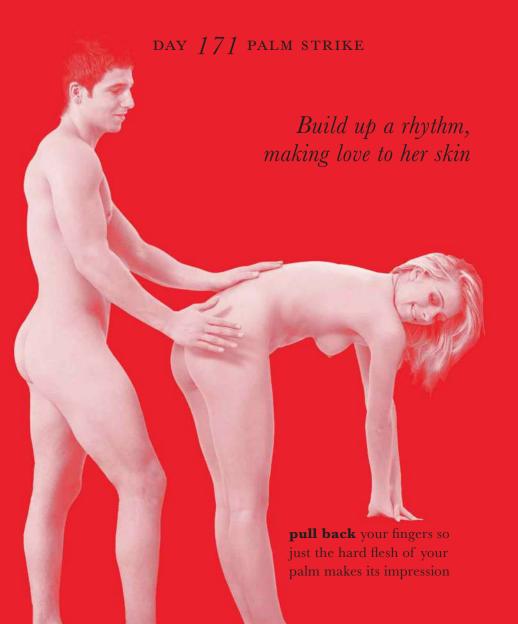


if she tires, her lover can support her by wrapping his arms around to help her balance

day 170 fallen leaves

Rest one atop the other and rustle together slowly

a sweet and tender
position for loving partners



day 172 the creeping cat

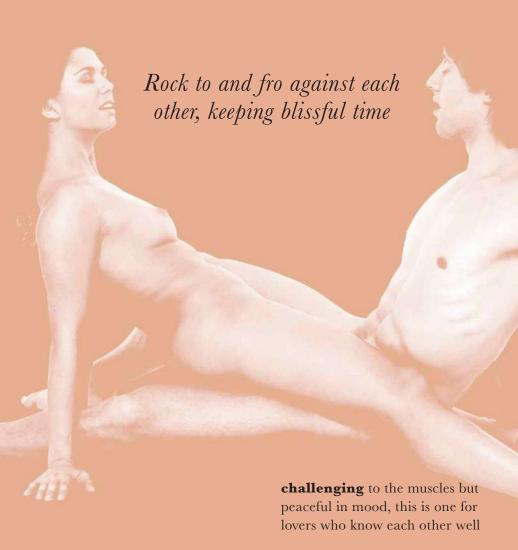
Arch and rub against your master



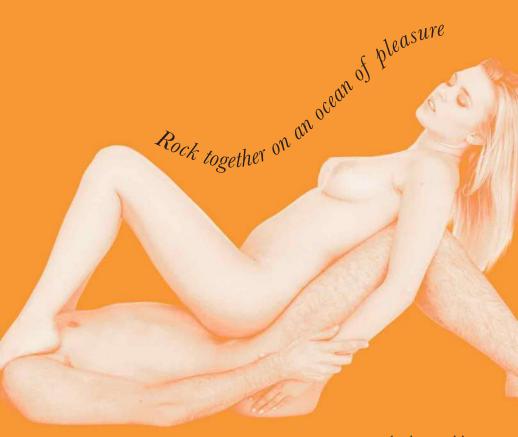
a comfortable stance that allows for affectionate role-play



DAY 174 THE SPLIT SWING



day 175 the safe craft



a man who braces his feet against something solid can hold his lover securely in position

day 176 the snake's nest

Coil into curiosity





an unusual twist on rear entry for the adventurous couple

DAY 177 REVERSED PROP

Bolster yourself for a beautiful vista



a lovely woman's writhingback is a sight to warm anyman, so aim for a good view

day 178 the double bow

Pull your bodies taut and feel them strum against each other

when the man holds his chest still and grinds with just his hips, this is particularly exciting



DAY 179 THE HORSEWOMAN'S EMBRACE



Throw your leg high around your lover and pull him to you

penetration can be a little uncertain like this, but there are few more enchanting caresses

day 180 sanding the gems

Grind her nipples diamond-hard



her nipples can be a fast path to passion, so pay them their due in full

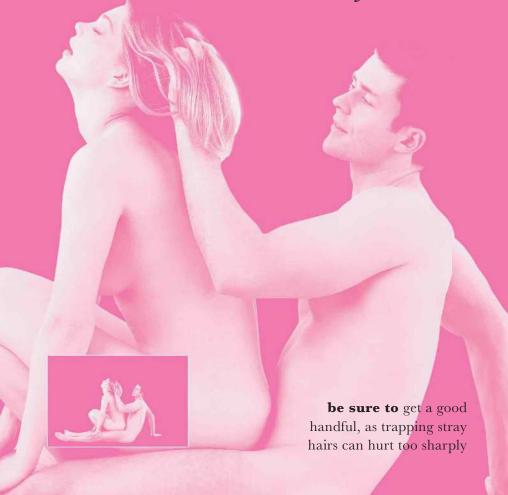
DAY 181 STEERING BLIND



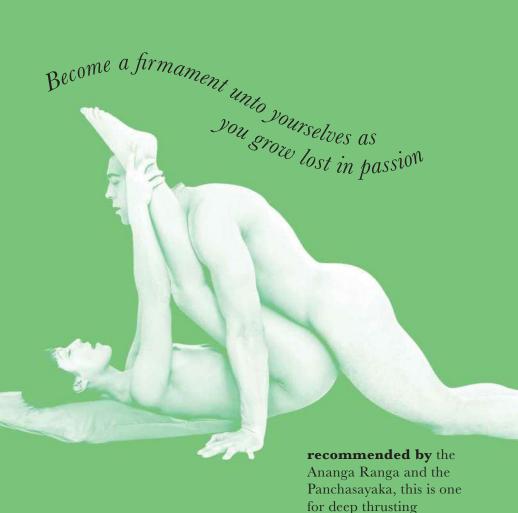
men love to gaze, but try closing your eyes and meditating only on what you feel

DAY 182 TUGGING THE SILK

A playful pull can awaken the helpless maiden in your woman



day 183 sky foot



DAY 184 THE RISING LAMB



day 185 brushing the stallion

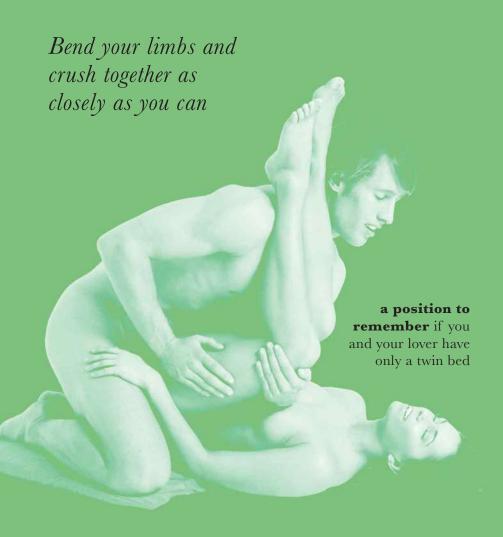


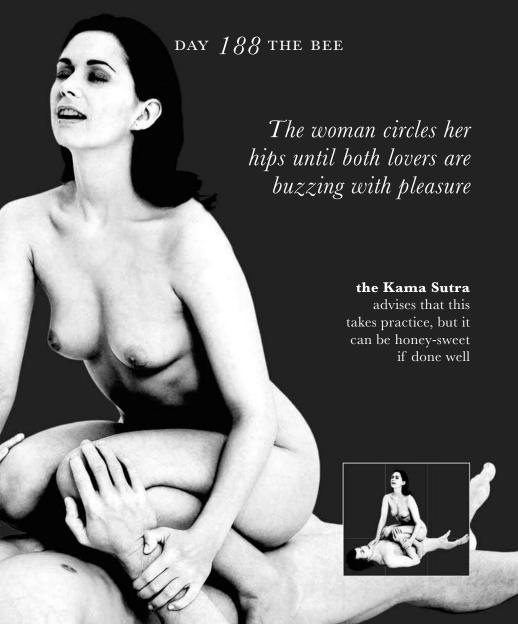
DAY 186 THE DUCK'S WINGS



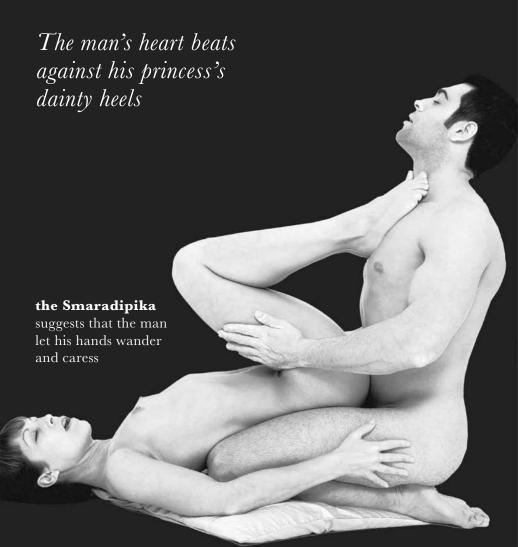
folding back the arms like this displays her breasts to wonderful advantage

DAY 187 THE NUTSHELL

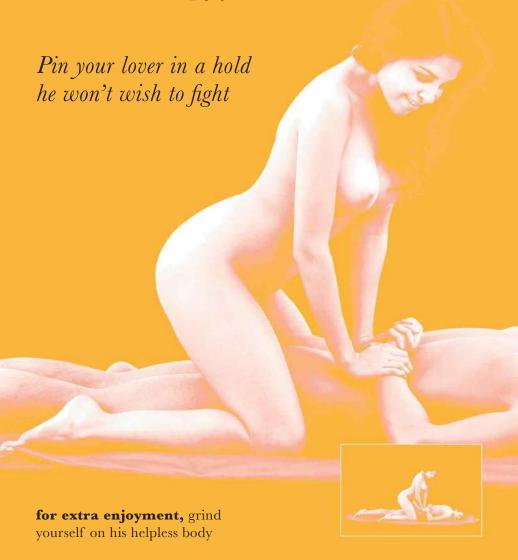




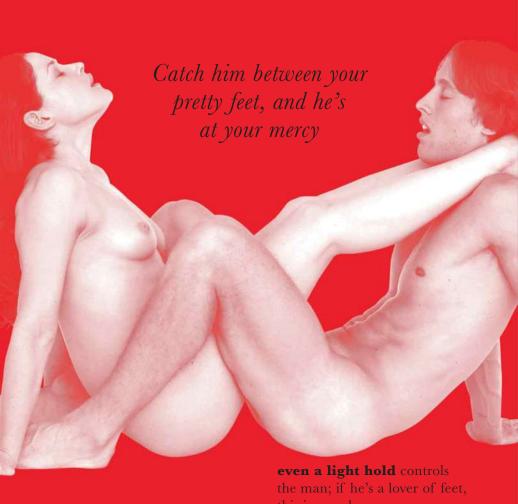
DAY 189 LOVERS' DELIGHT



day 190 the manacles



day 191 the woman's snare



day 192 the sharp tilt

Find your most daring angle



every couple has their own fit: try leaning back and forth to test it

day 193 breath of pleasure

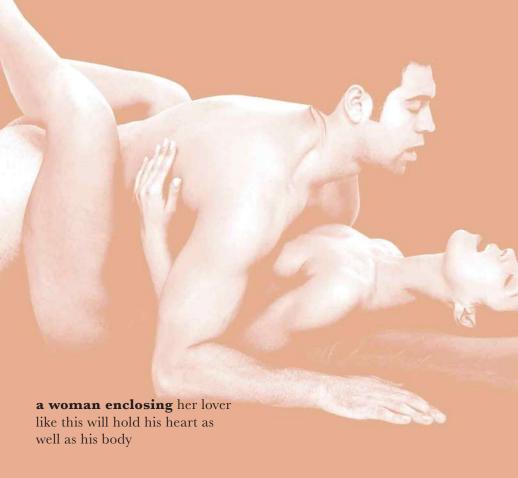
Tantalize her with the heat of your mouth

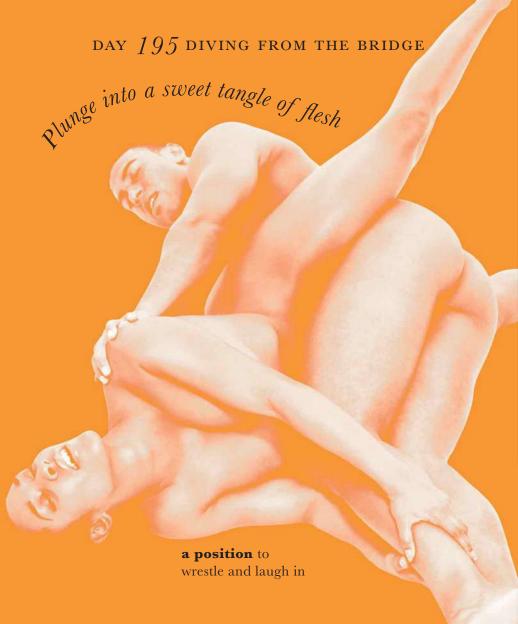


before the kissing and licking begin, warm her yoni until she's frantic with impatience

day 194 the crab

A sweet and sudden embrace in which the woman clutches her man with all limbs at once

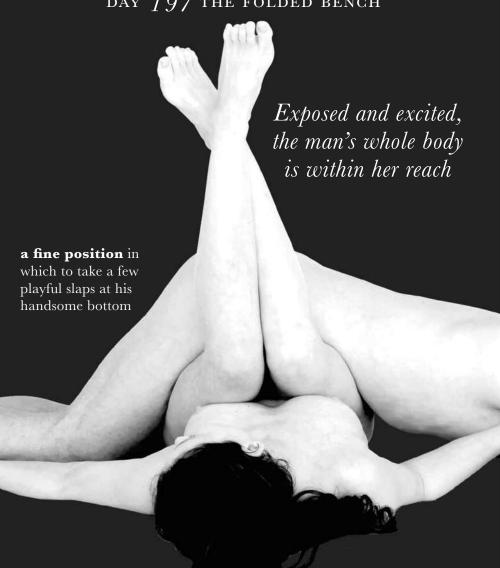




day 196 the archer



DAY 197 THE FOLDED BENCH



day 198 the rubbing game



each lover tries to tip the other while keeping their sensitive parts erotically aligned

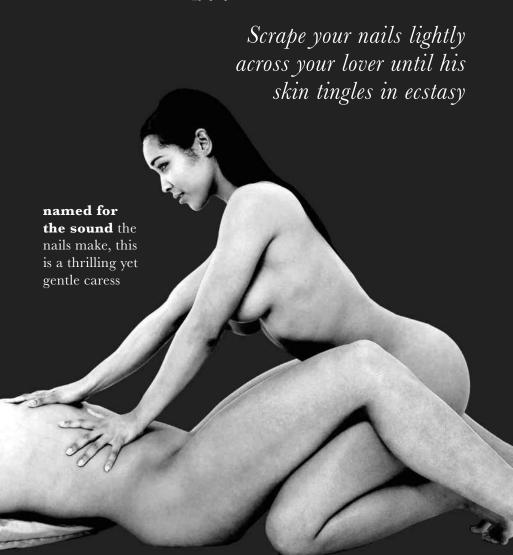
day 199 the crane



The woman trails a leg back to open herself to her beloved

parting her legs in this way allows her lover entry while remaining pleasantly tight

DAY 200 RIPPING SILK



day 201 the double compass

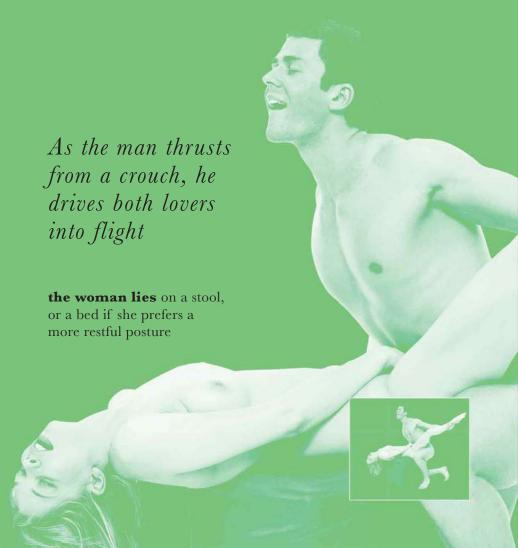


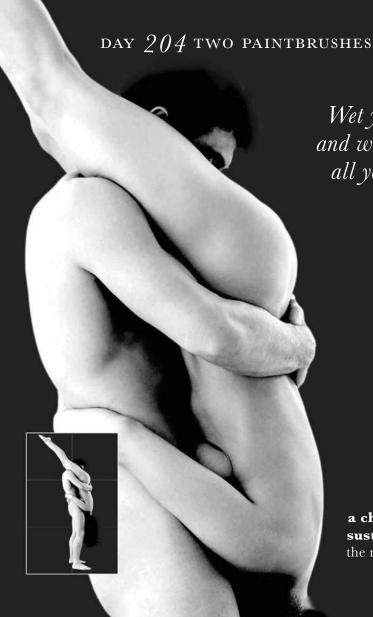
day 202 the straddle



an eternally popular position in every culture

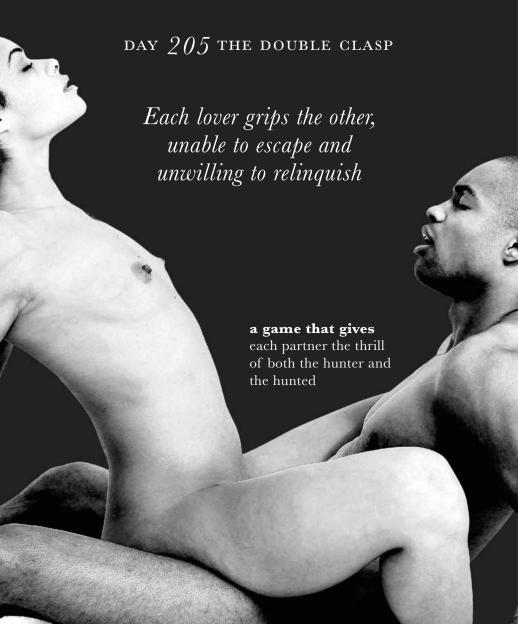
day 203 taking wing



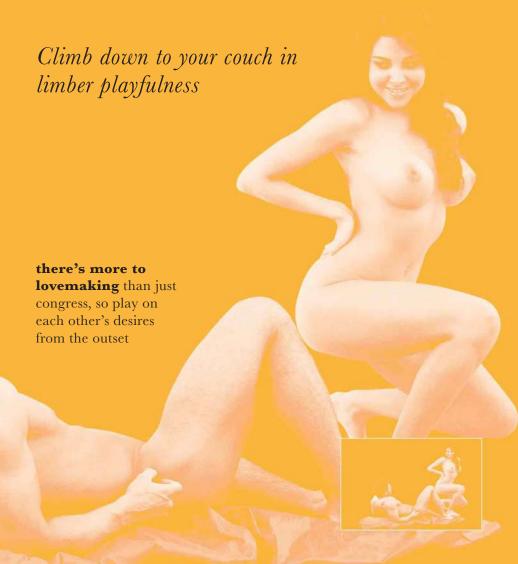


Wet your lips and work with all your craft

a challenge to sustain, but all the more artistic for that



day 206 stance of the courtesan



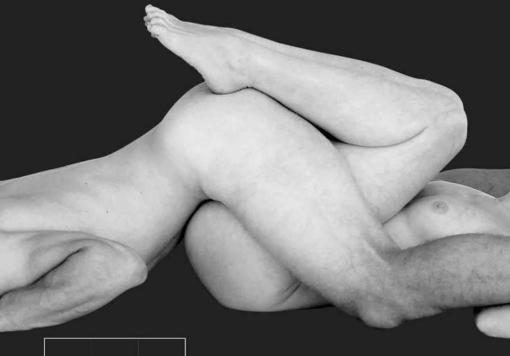
day 207 the foot's caress



the skin of the instep is particularly satiny: let him feel just how sleek you are

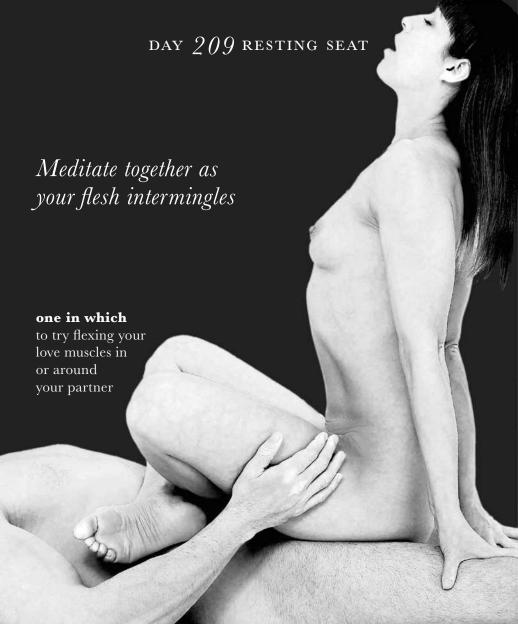
day 208 the jolting cart

Bump and bounce your way to satisfaction



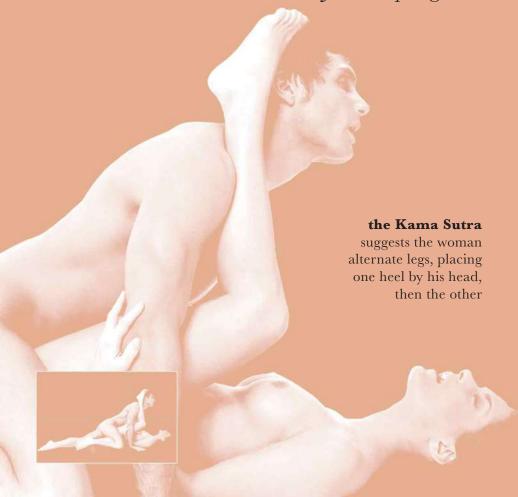


nicely comfortable for a rear-entry reverse, this is well worth a try

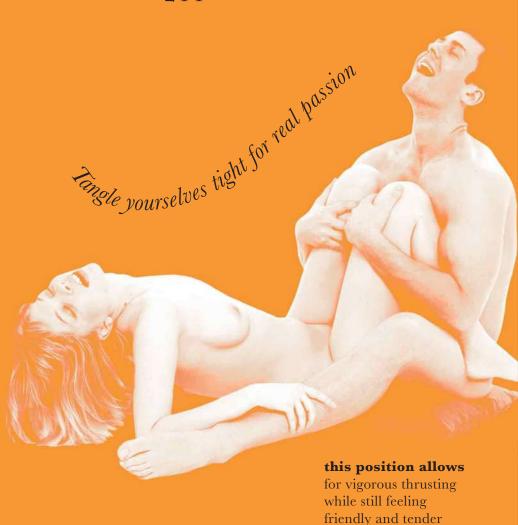


day 210 the spit roast

He plays the roast, she the spit, as they heat up together



day 211 the blended knot



day $2\overline{1}2$ the deer



the man thrusts and the woman swings to and fro on her hands

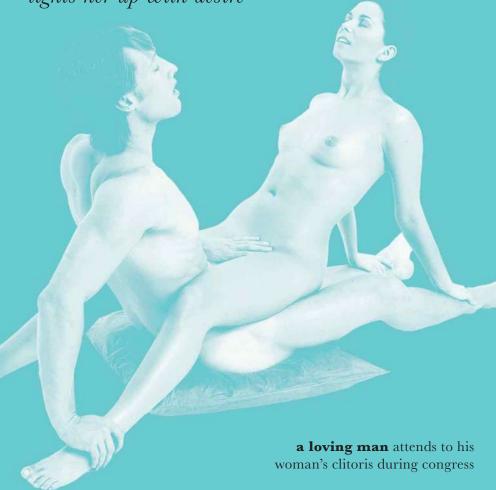
DAY 213 PARIMRSHTAKA (STRIKING AT THE TIP)



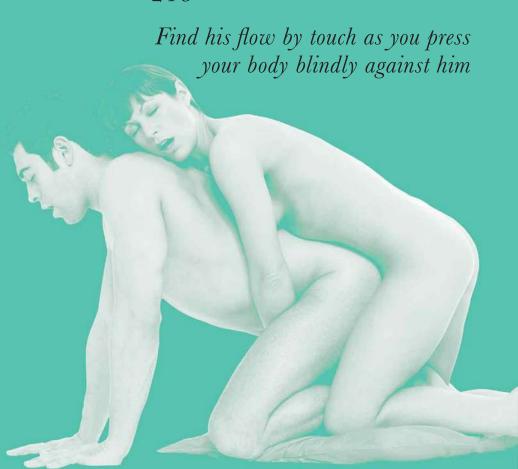
a lively variation on regular sucking in which her tongue delivers hard licks against his glans

DAY 214 POLISHING THE JEWEL

As you rock together, the motion of his thumb lights her up with desire



day 215 searching the river

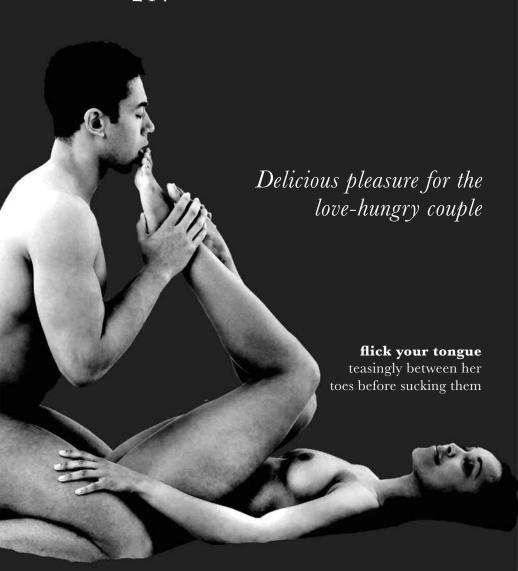


an unusual position that allows the man caresses from both sides at once

day 216 the sleeping cat



day 217 splitting the tangerine



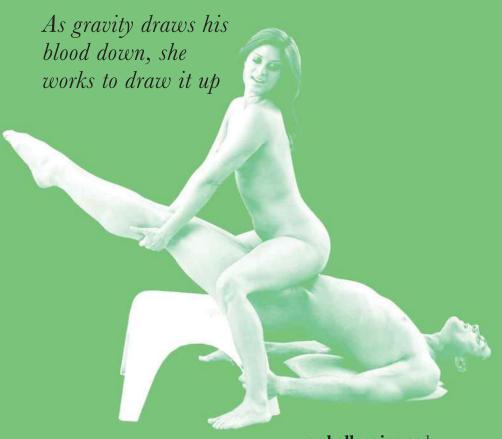
day 218 the thunderbolt



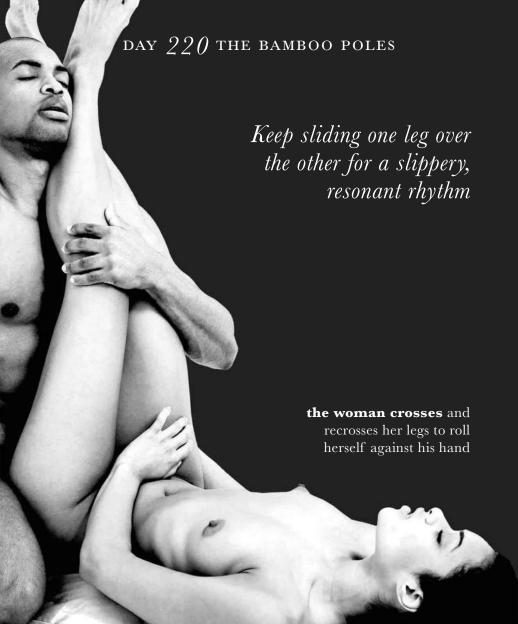


there's nothing like hard, rapid thrusts to make a woman cry out

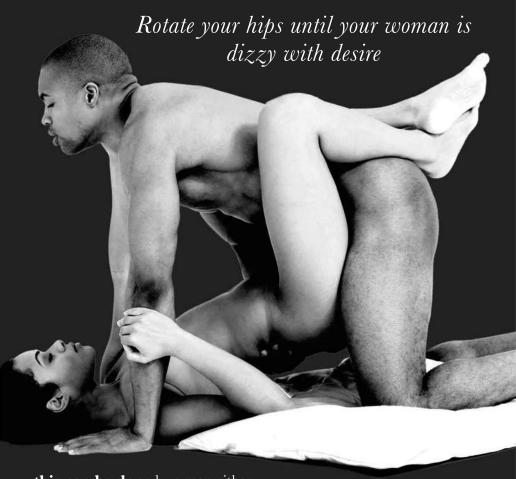
day 219 the landed arrow



a challenging and submissive posture for the man, calling for strength from both lovers

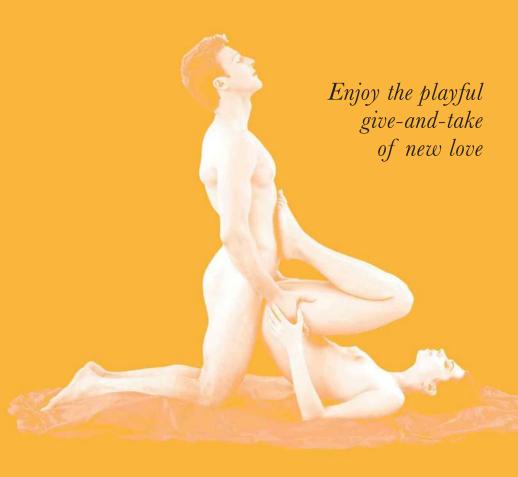


day 221 love's wheel

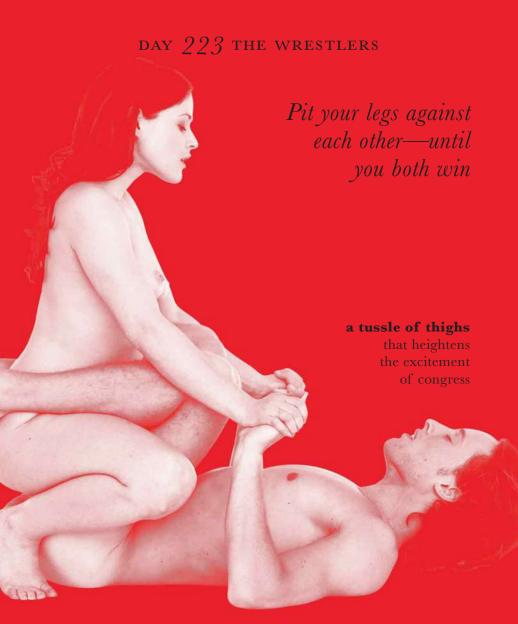


this can be done by a man either sitting or kneeling—a favorite with passionate women

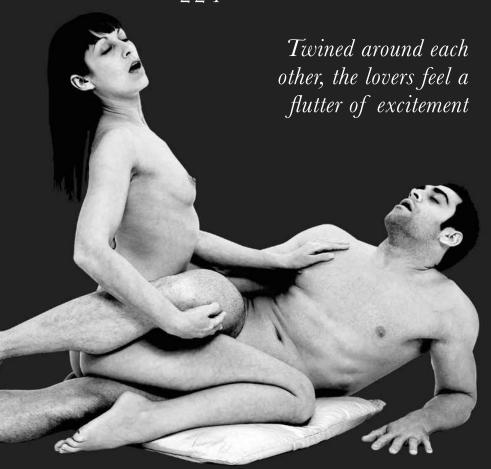
DAY 222 THE SEESAW



a chance to refresh your intimacy, no matter how long you've been together



DAY 224 WILLOW LEAVES



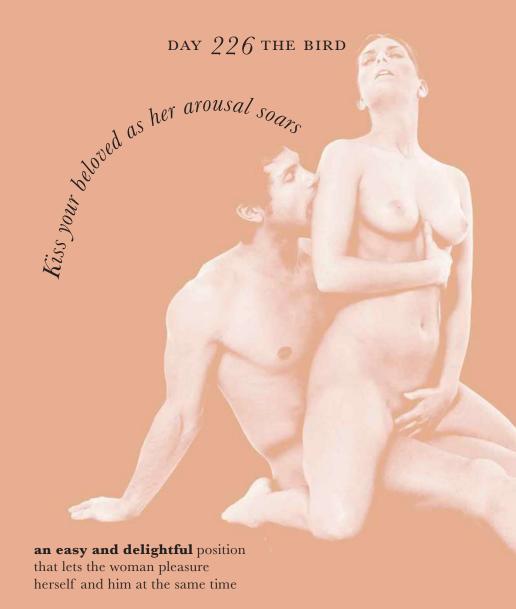
a position in which to rub together rather than attempt penetration, but none the worse for that

day 225 the slanted kiss



A tilted angle for long, slow exploration

sometimes it's good to get back to basics and enjoy true simplicity

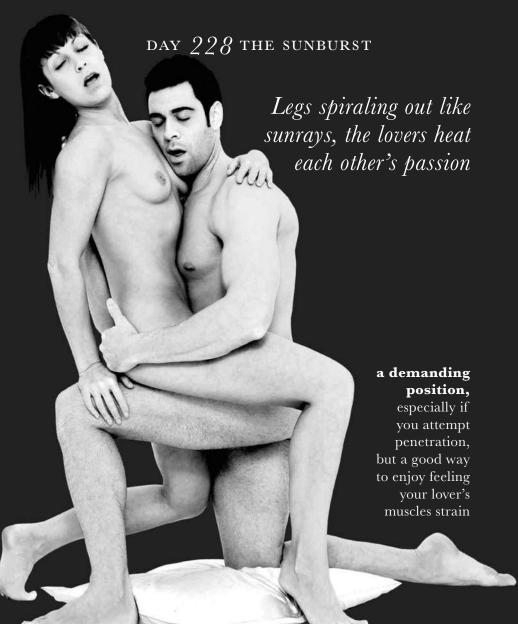


DAY 227 DRAWING NEAR

Begin the oral pleasure far from the central prize

working up the sensitive insides of his thighs can leave a man breathless and eager



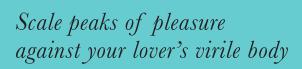


day 229 the seal





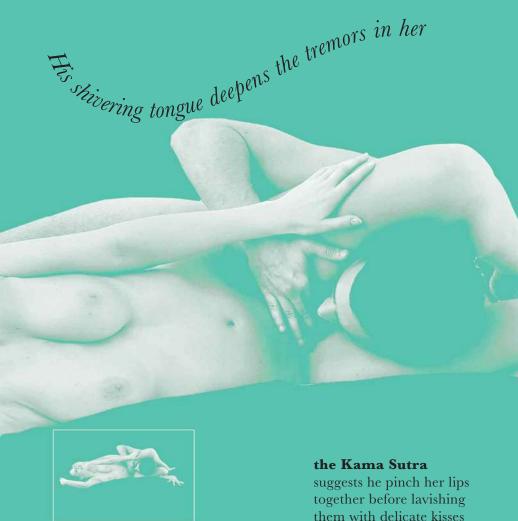




try this sliding against each other's oiled skin for a nonpenetrative thrill



DAY 231 THE QUIVERING KISS



day 232 quaking earth



a woman rising hard against her lover challenges and matches him thrust for thrust

DAY 233 CROSSED BRANCHES

Tranquil as a forest floor, relax and enjoy the unusual angle



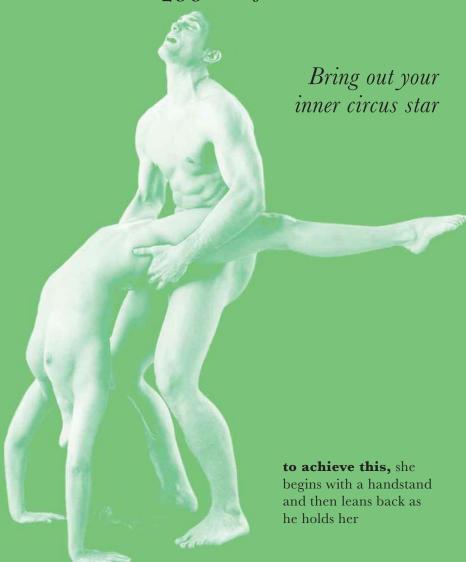
DAY 234 THE MELTING EMBRACE

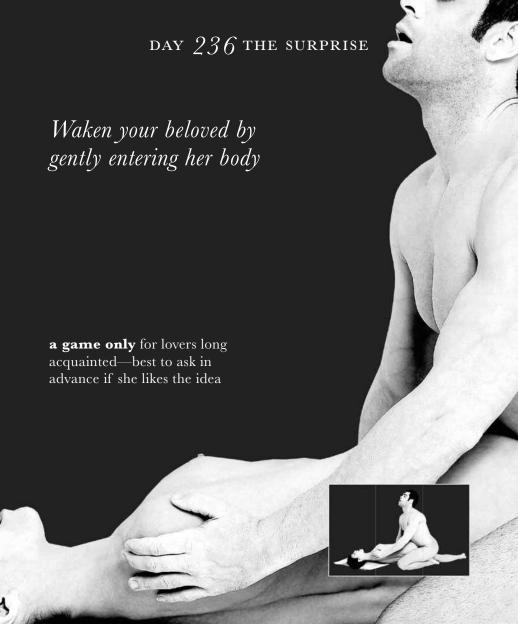
Est together and let your sensations merge

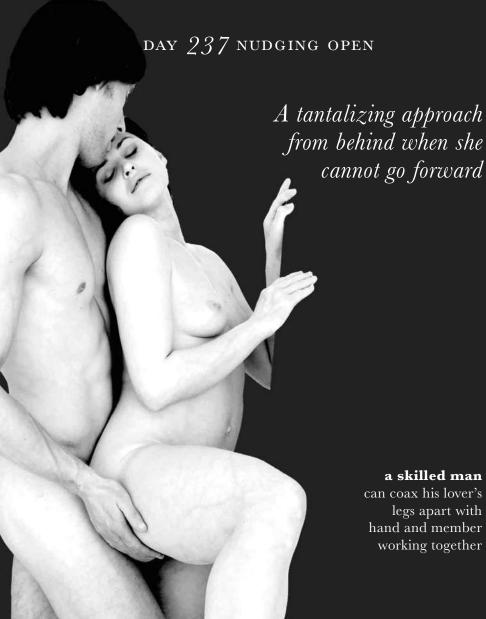
a warm, cozy full-body caress for tender moments



day 235 the juggler

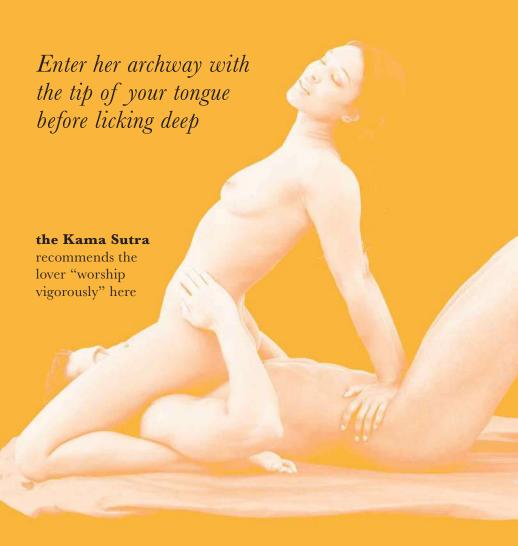






a skilled man can coax his lover's legs apart with hand and member working together

day 238 the tongue massage





Roze into her undulating depths

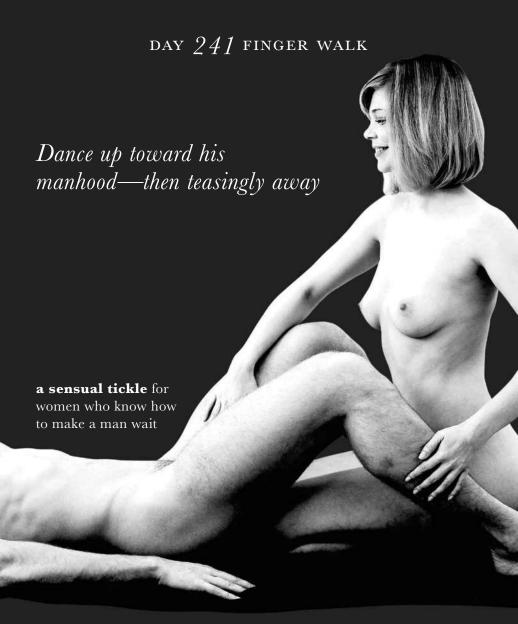
a position in which the woman controls most of the movement, as the man's legs hold his hips still

day 240 greeting the sunrise

Bask together, kissing and stroking at will

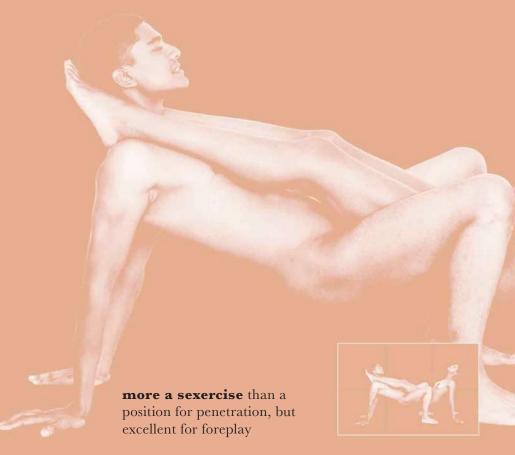


a meditative pose for lovers delaying full congress

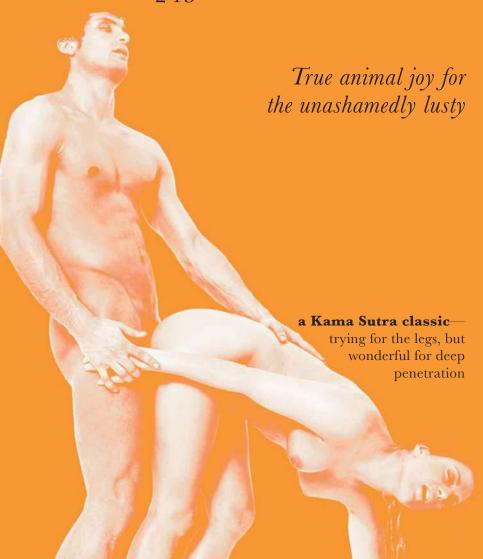


DAY 242 THE CROSSED KNIVES

Rise together to sharpen your appetites



day 243 congress of a cow



day 244 oiling the gates

Prepare her for a challenge with some soft work

those lovely thighs stretch and strain in many positions; lavishing some care on them can make all the difference

day 245 splitting a log



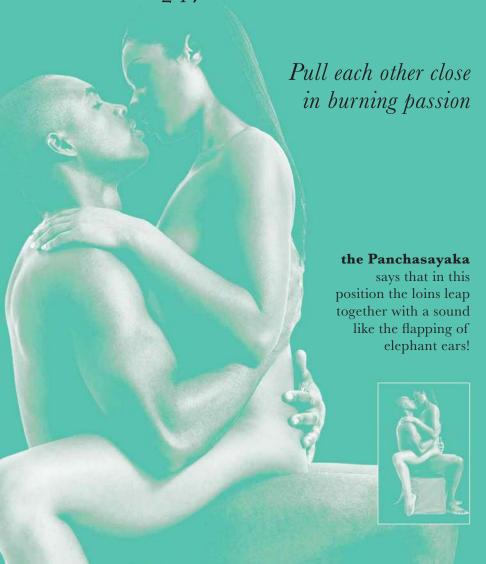
day 246 the silent request

Shape the words against his waiting lips

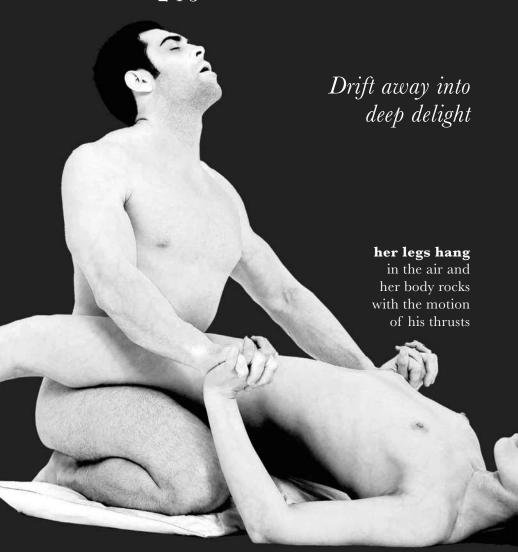


a guessing game for lovers, with only the movement of her mouth to clue him in as to what she wants next

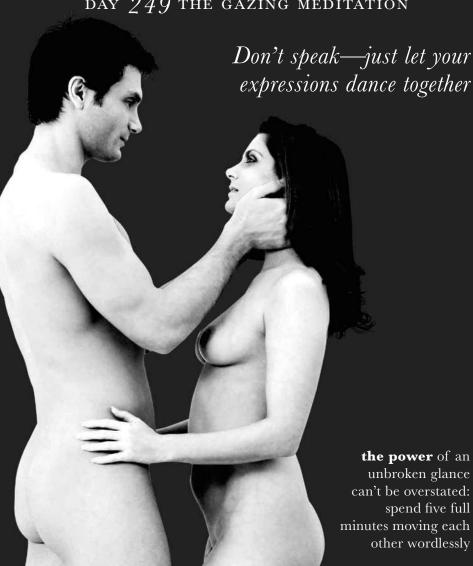
day 247 the knot of flame



day 248 the floating canes

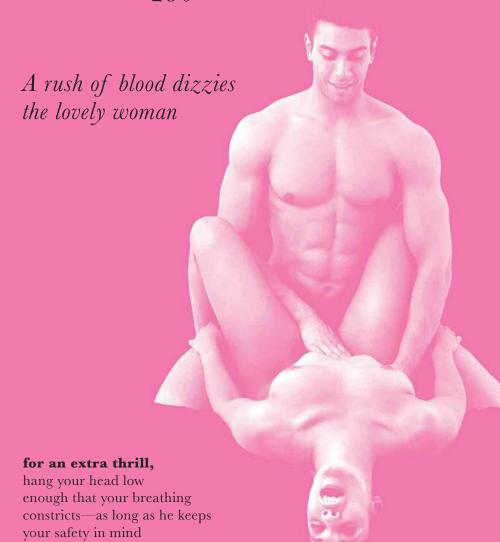


day 249 the gazing meditation

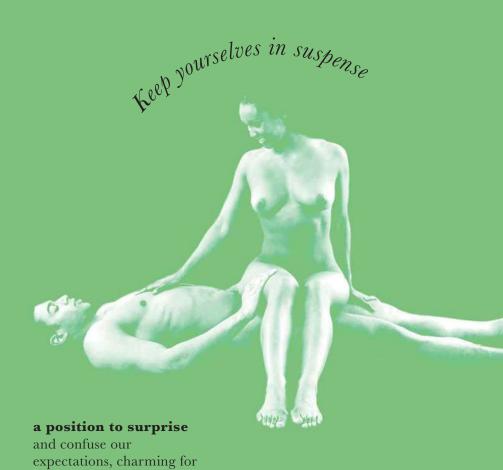


the power of an unbroken glance can't be overstated: spend five full minutes moving each other wordlessly

day 250 the dropped head

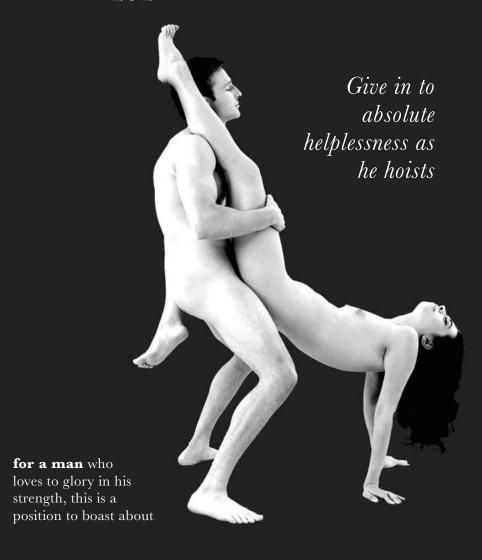


day 251 the half-turn



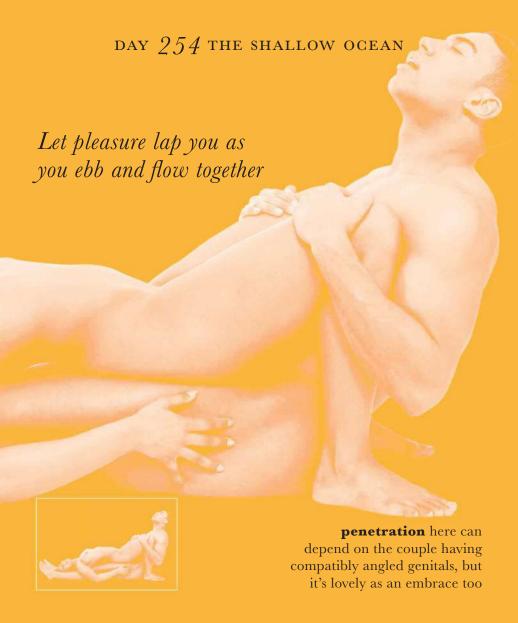
playful moments

day 252 raising the hammock



day 253 striking a nail





day 255 the spider caress



rake the nails very gently across her sensitive scalp—the resulting chills can be surprisingly intense

day 256 the stroking stomach

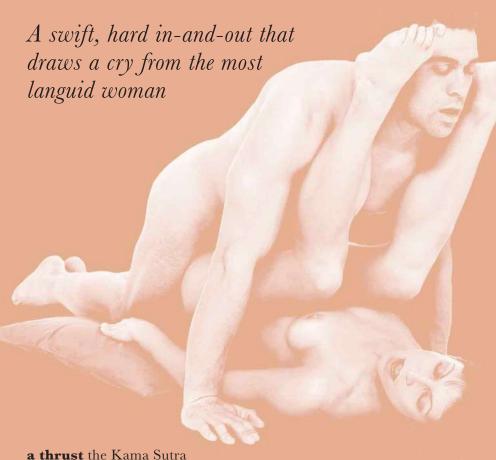


day 257 the butterfly embrace

Trace delicate patterns of beauty across each other's backs

the contrast between the light fingers and the warm pressing of hips can be delectable

day 258 the buffet



a thrust the Kama Sutra describes as a complete withdrawal followed by a deep strike to the womb

day 259 the altar

A woman
extends herself
to play sacrifice
for her beloved



one for true gymnasts, but a fine feat if you can manage it

day 260 the deep press

Squeeze him breathless within and without



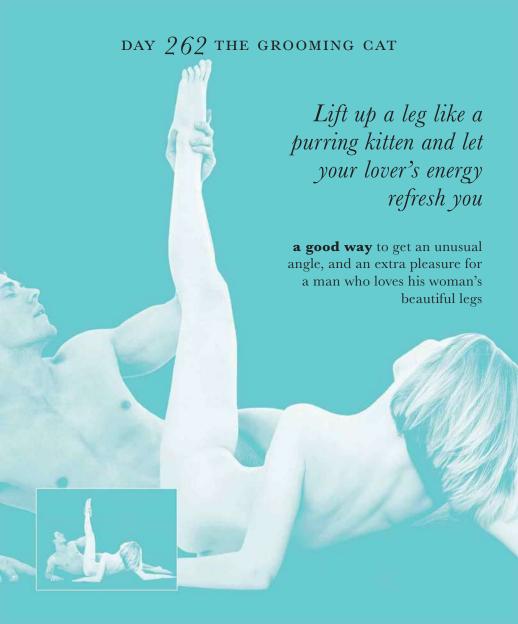
leaning back, she rests her weight on his shoulders for an extra frisson

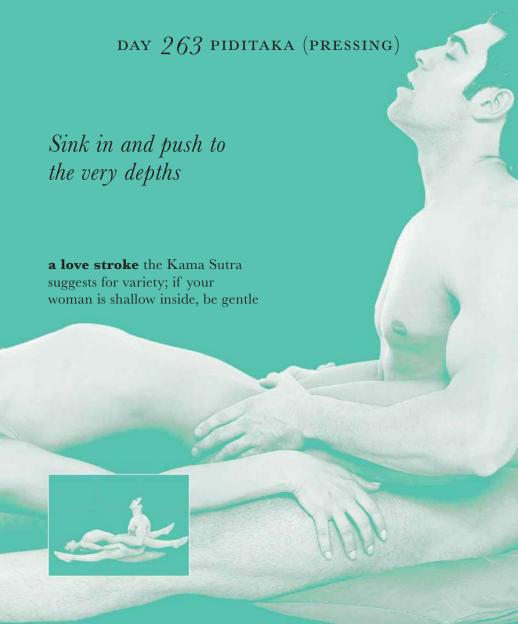
day 261 the acorn



Tucked tight, ready for great pleasure to grow

a useful rear-entry position for creating a tight grip





day 264 rocking the canoe

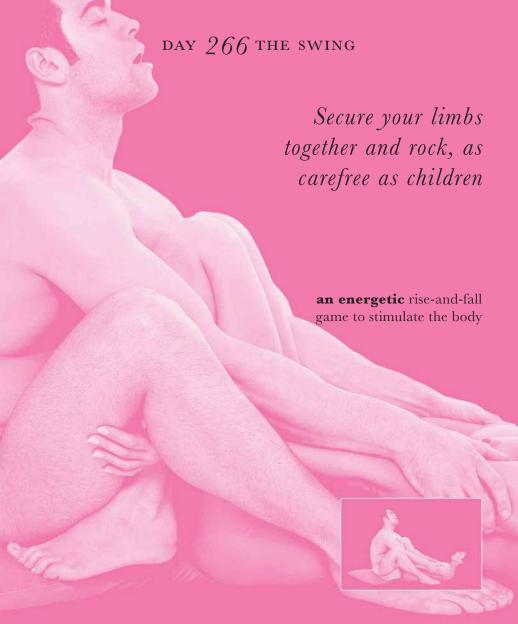


for the less athletic, add the support of a stool or two

day 265 the lotus



other—is one of the Kama Sutra's most famous positions



day 267 the prancing doe



an embrace that can become passionate lovemaking in an instant

day 268 the bull's horns



day 269 the half mount

Twist to cast a flirtatious glance even in congress

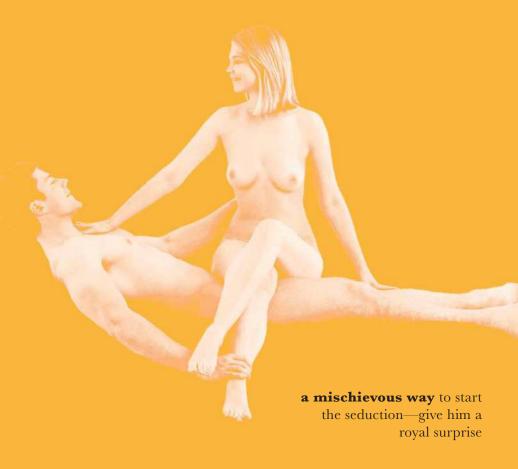


a fun variation to liven up more conventional sex

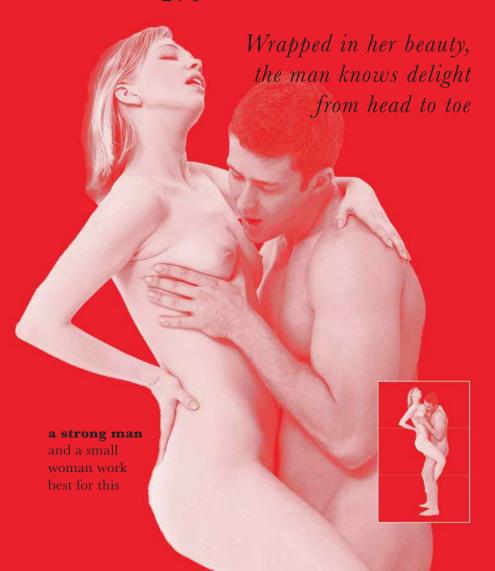


day 270 the queen's greeting

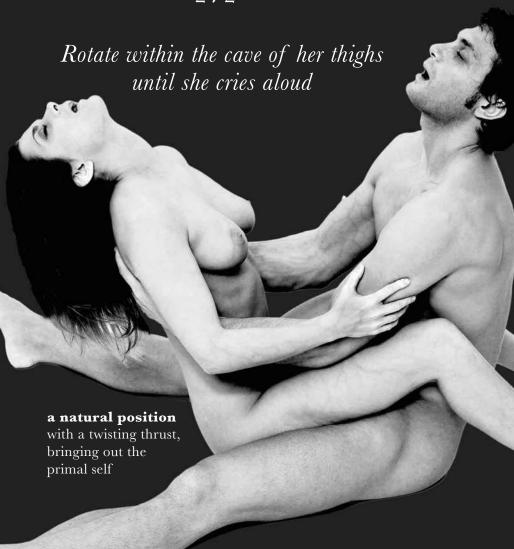
Enthrone yourself unexpectedly



DAY 271 FLOATING CONGRESS



day 272 the monkey





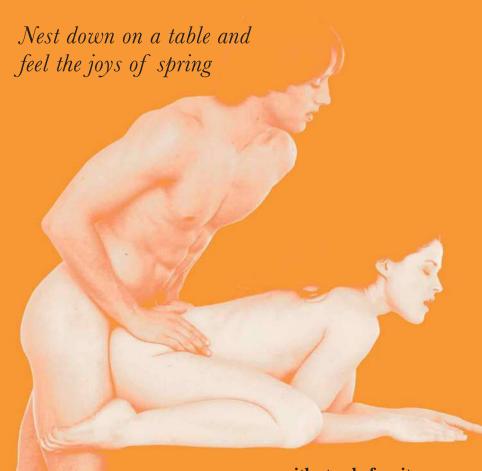
DAY 274 THE COILED MOUNT

Tuck up tight to give him a squeeze



there's nothing like a firm inner grip, so roll yourself into a ball and see what happens

day 275 the hare

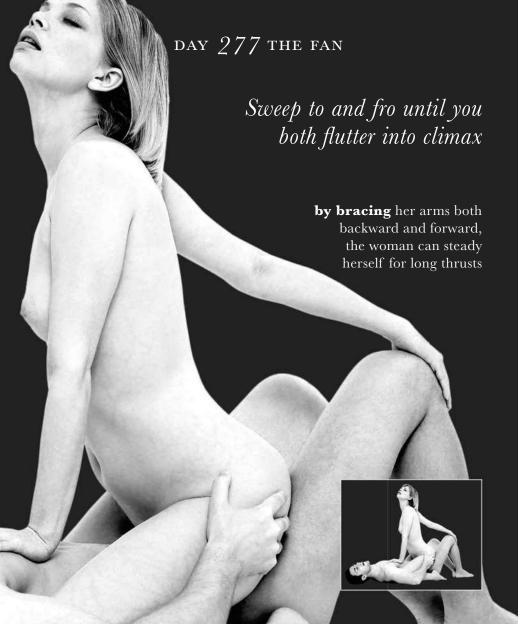


with steady furniture, the man can put real vigor into this

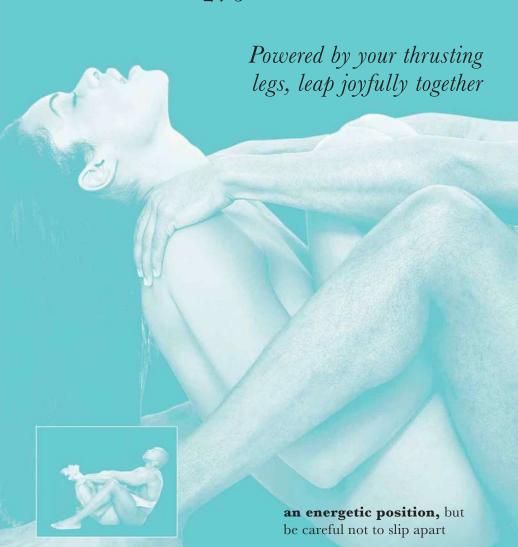
DAY 276 THE SWAN'S EMBRACE

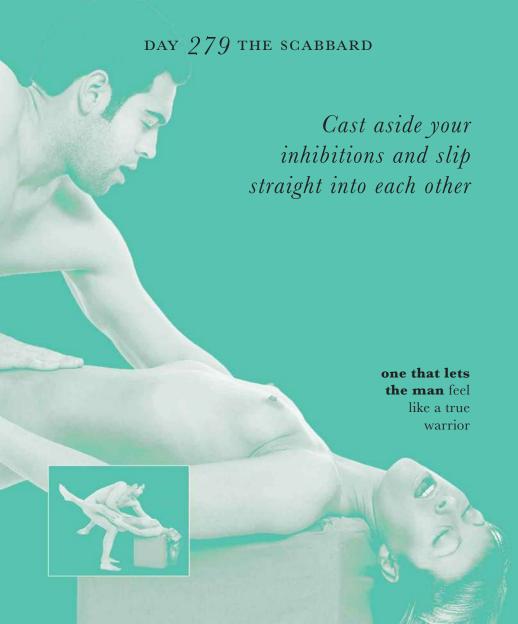


a sensual way to cuddle up for long, sweet kisses



day 278 two frogs





day 280 crushing the spices

Sweeten the moment with a careful turn south



the trick is to revolve from facing his head to facing his feet without slipping apart

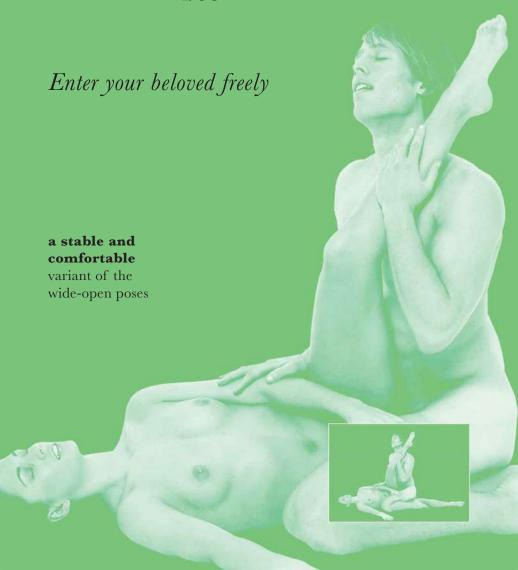
day 281 crossing the higher path



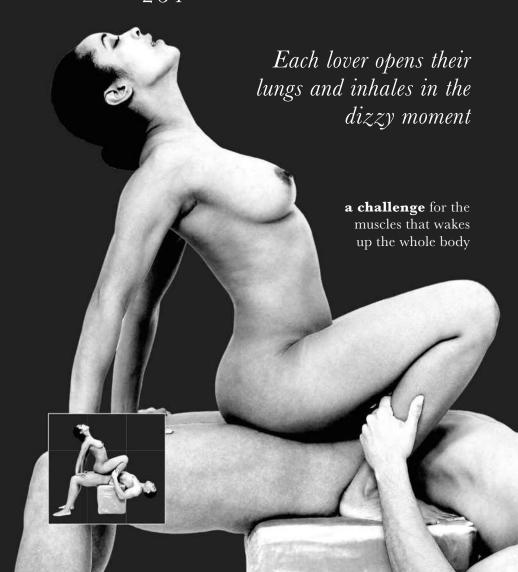
day 282 the branch in blossom



day 283 the open door



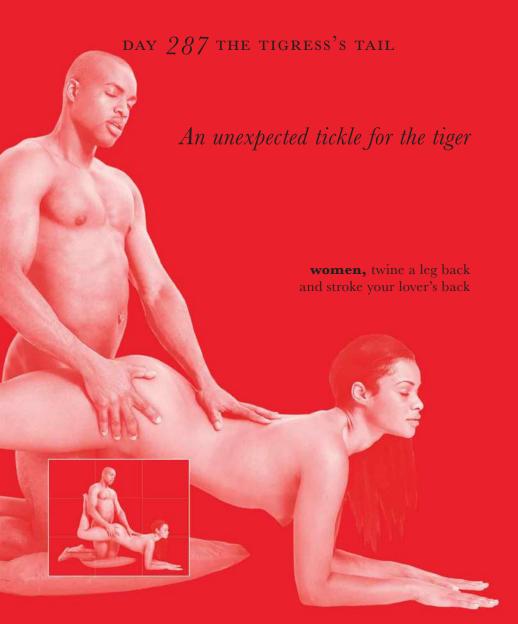
day 284 the breathing throne





day 286 the lizard



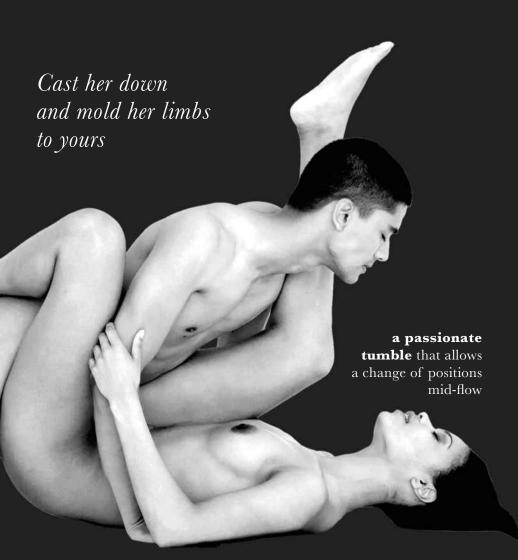


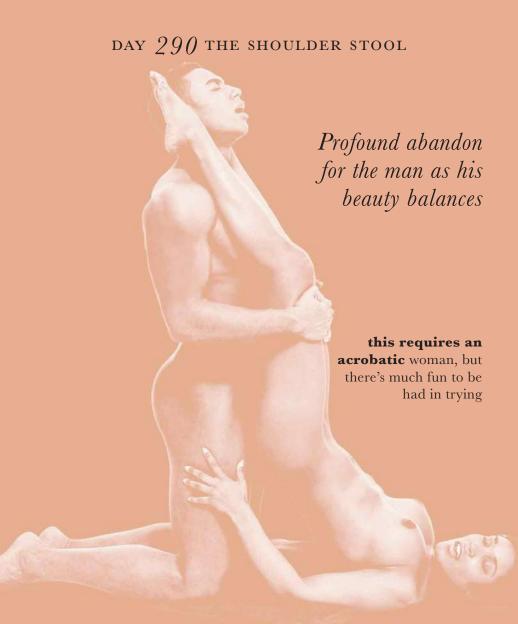
day 288 plucking the lute

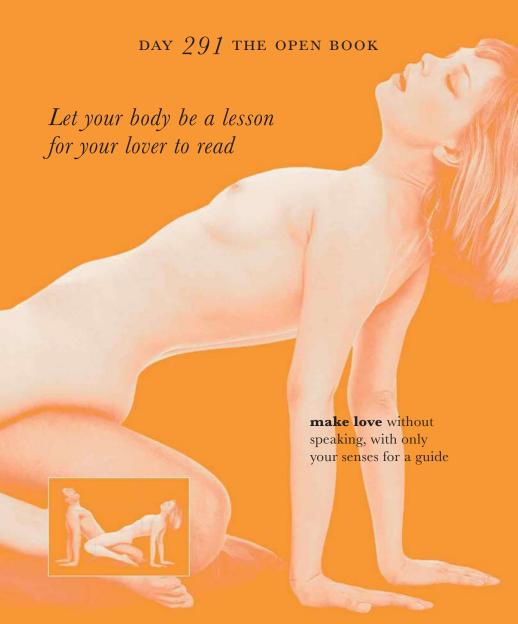


the thoughtful lover tends to his beauty's clitoris with a musician's skill

day 289 throwing the clay

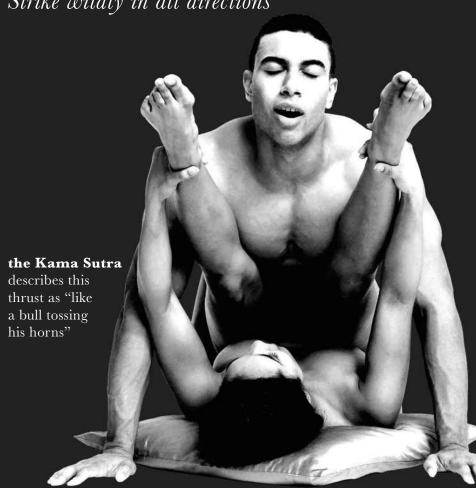






day 292 the bull's blow

Strike wildly in all directions



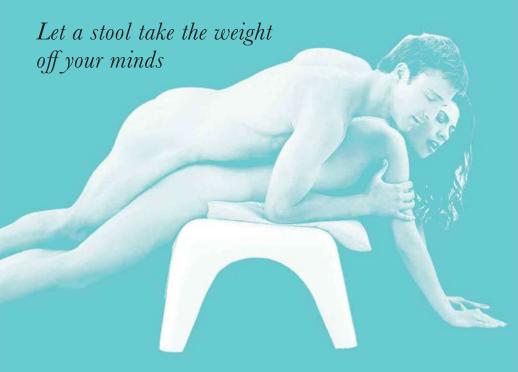
day 293 greeting the moon



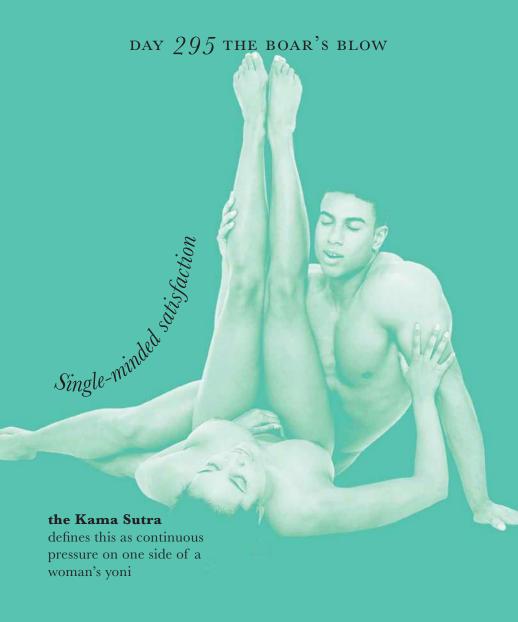
Stretch to the sky while his fingers stray to the depths

a delectable embrace to whet the appetite

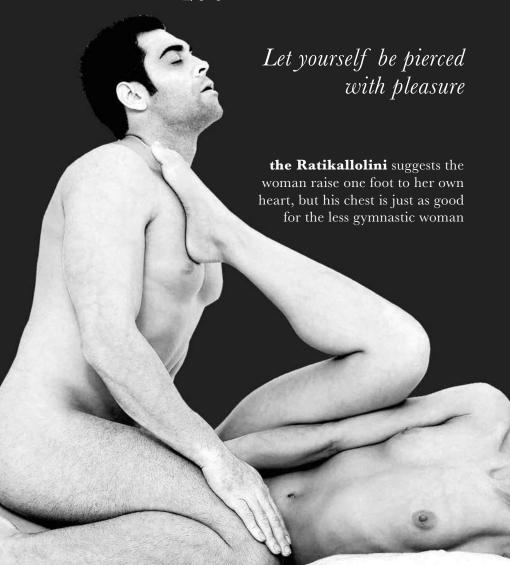
day 294 the lioness supported



propping yourselves up in this position lets you think of nothing but each other





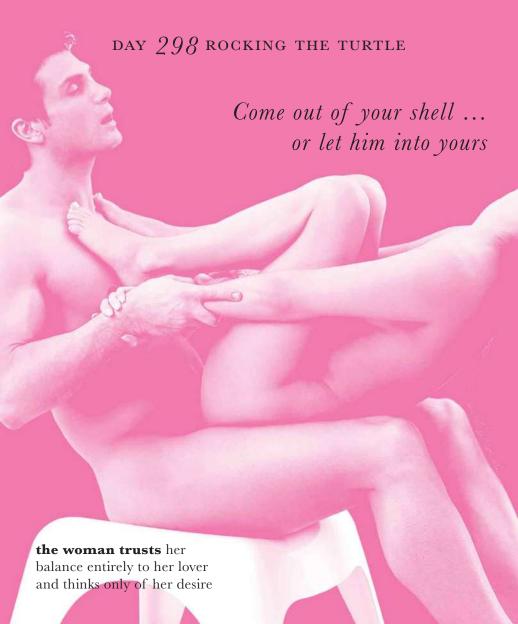


day 297 feather fingers

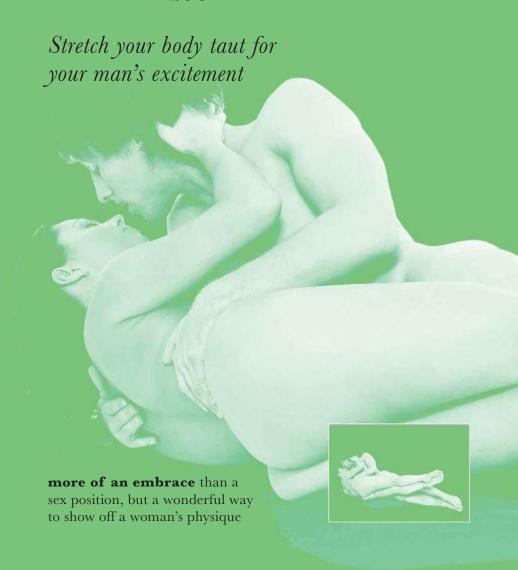
The lightest touch can be the sweetest

stroke ever so gently up and down
your beloved's skin





day 299 holding the bow



DAY 300 LOVE'S DART ANTICIPATED





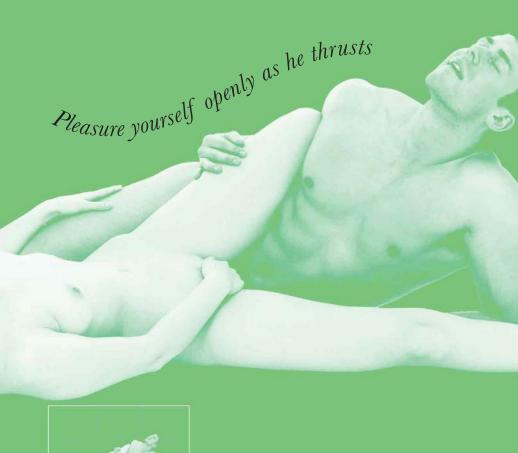
day 302 half-wrapped

Enclose him with a single, sinuous limb



a great deep-entry position that's not too limb-bendingly yogic

DAY 303 THE COURTESAN'S GAMBIT

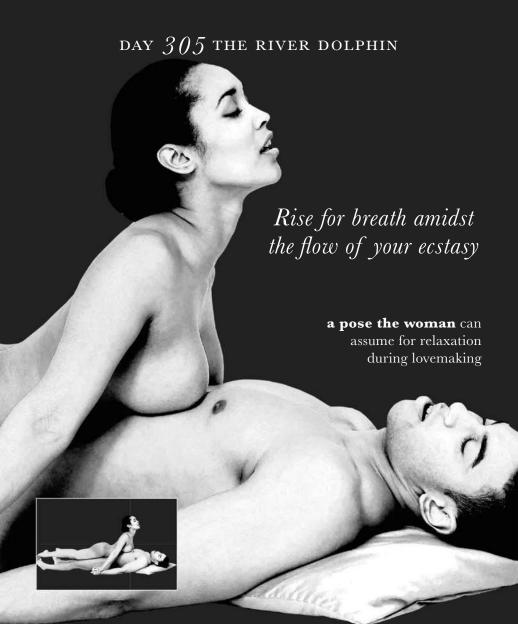


a gymnastic position that allows each lover to focus on their own excitement

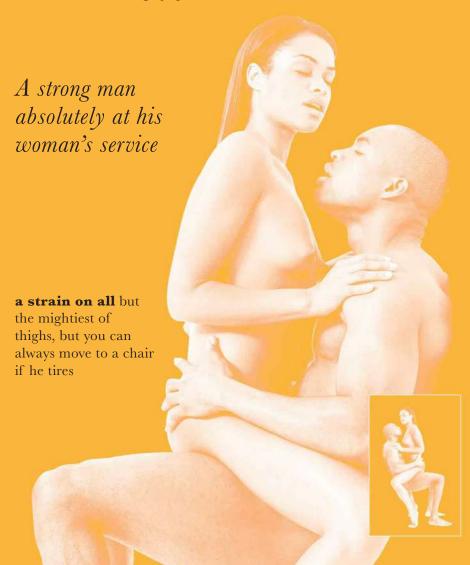
day 304 the cascade



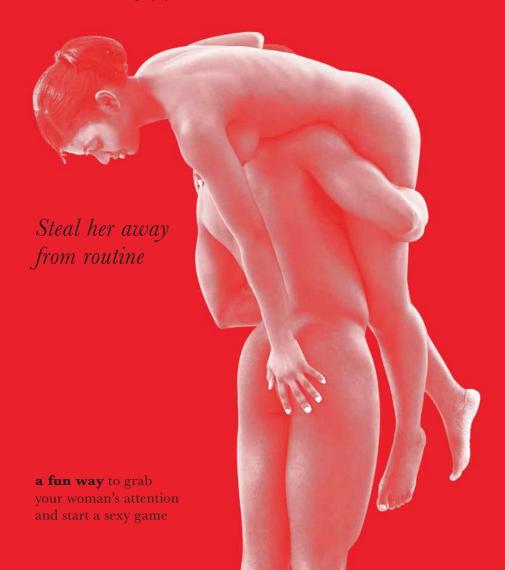
the woman who can achieve this will be admired as a goddess by her lover



day 306 the litter bearer

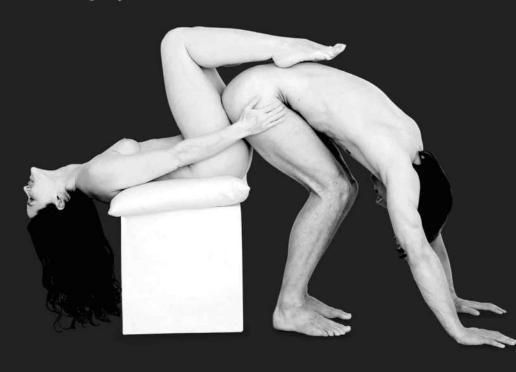


day 307 the kidnapper's hold



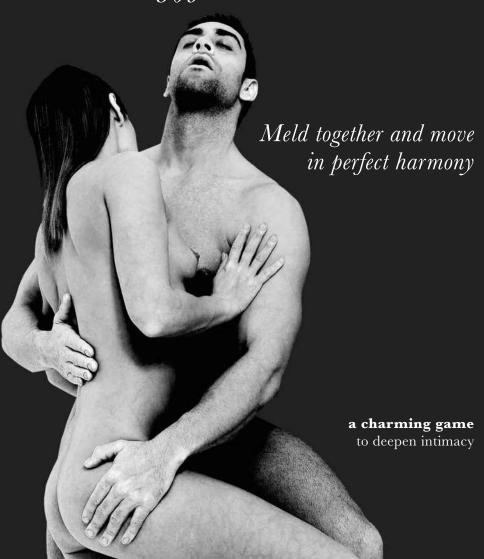
day 308 the quest

Find your way and win true glory!

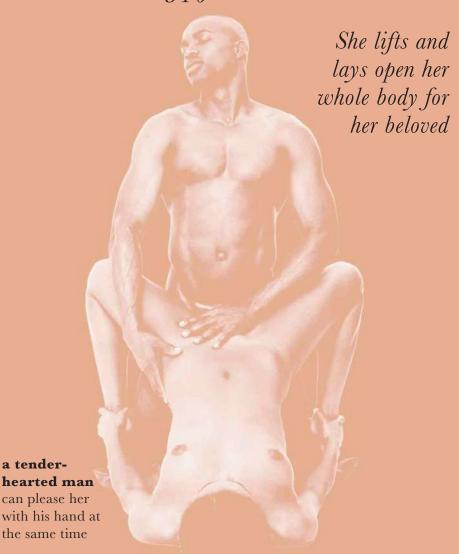


undoubtedly not the easiest angle, but a lot of fun can be had in the attempt

day 309 the mirror dance

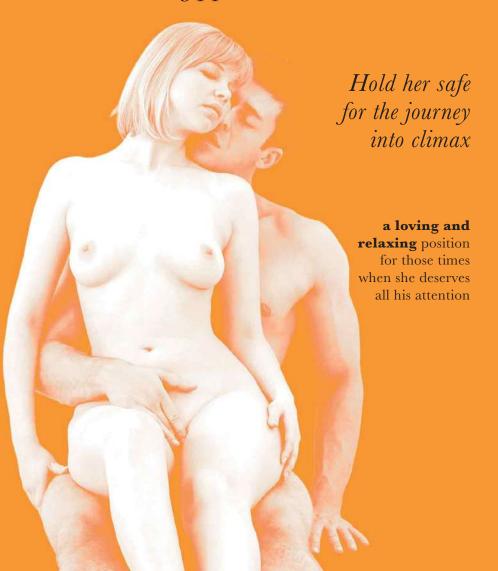


day 310 proffering



a tender-

day 311 beauty tended



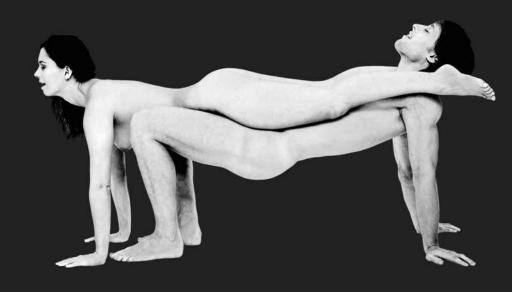
DAY 312 THE DOUBLE-BLADED KNIFE



the Kama Sutra describes this as a good stroke to add spontaneity to your lovemaking

day 313 the bed with no sheets

Raise yourself up to be your beauty's couch

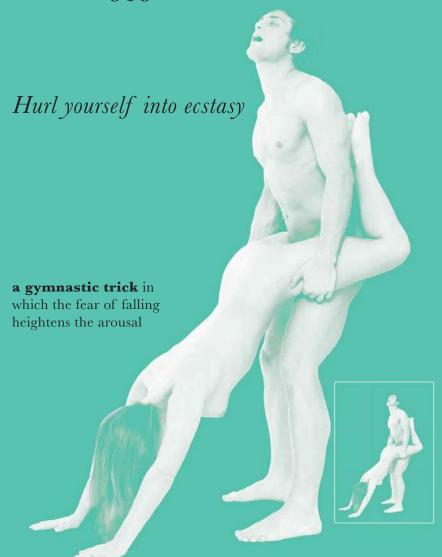


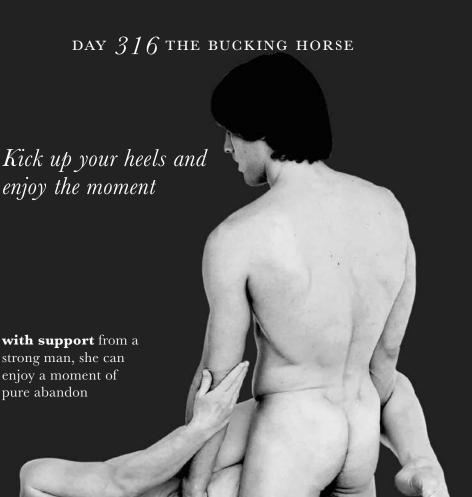
unwise to attempt penetration here, but fine for waking up the vigor and impressing your woman

day 314 the thigh's treasure



day 315 the kingfisher's dive



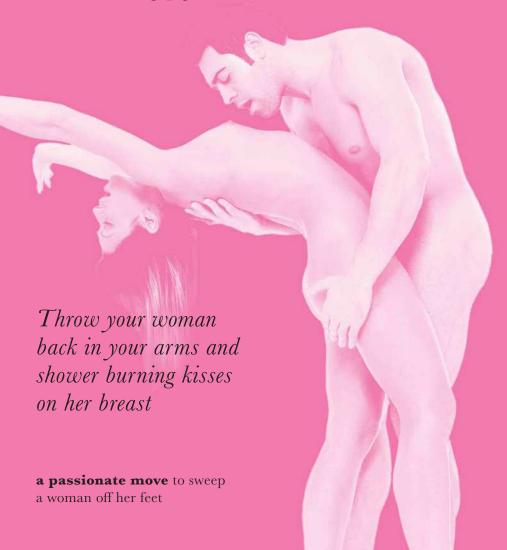


DAY 317 THE DOUBLE CROUCH

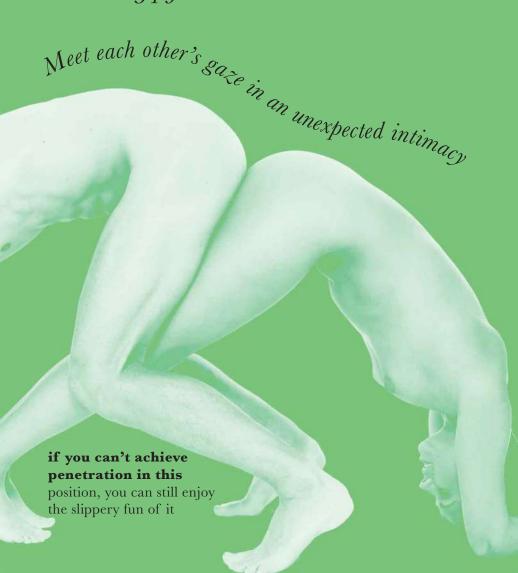


a bouncy position that lets each partner contribute some flexible fun

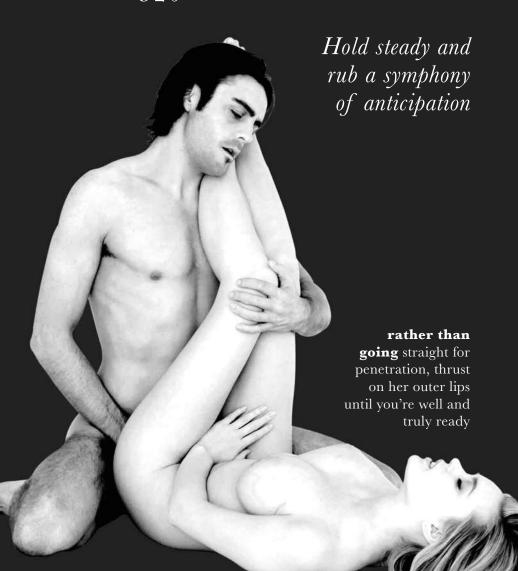
DAY 318 THE CASTING EMBRACE



DAY 319 PEEPING UNDER THE GATE



DAY 320 TUNING THE INSTRUMENT



day 321 the falling branch

Sink with a sigh as he admires your flowering beauty



a sensuous way to change positions and move into a new embrace

day 322 equal feet

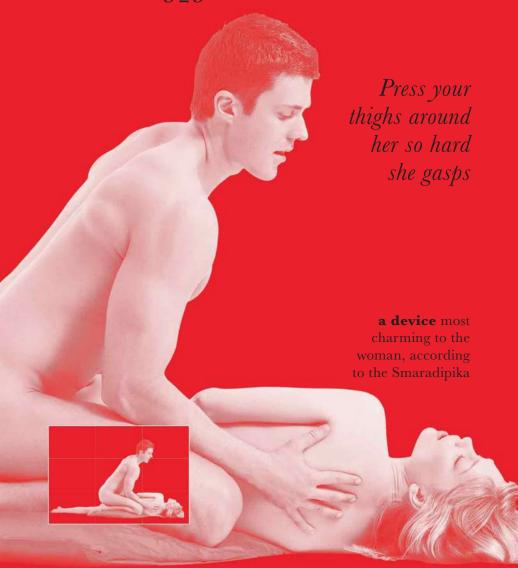
Caress him with your feet and hands working in harmony



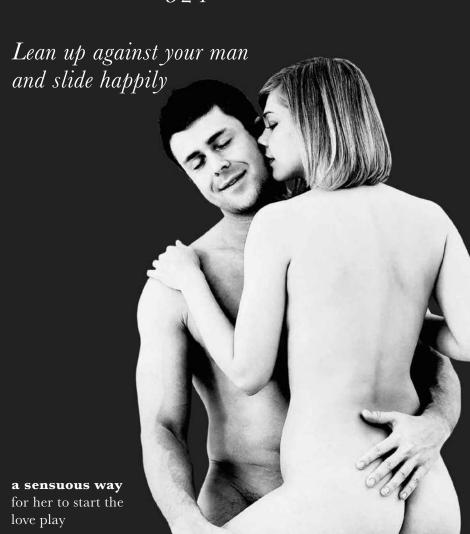
the Ratikallolini calls this position a way to ecstasy



day 323 the lover's noose

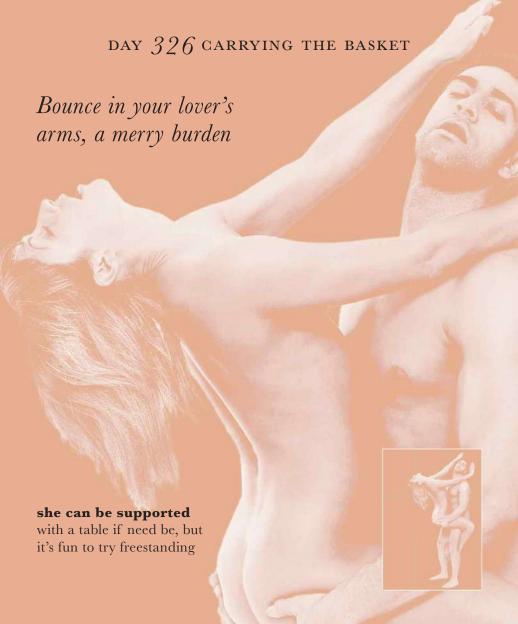


$\overline{324}$ The stride

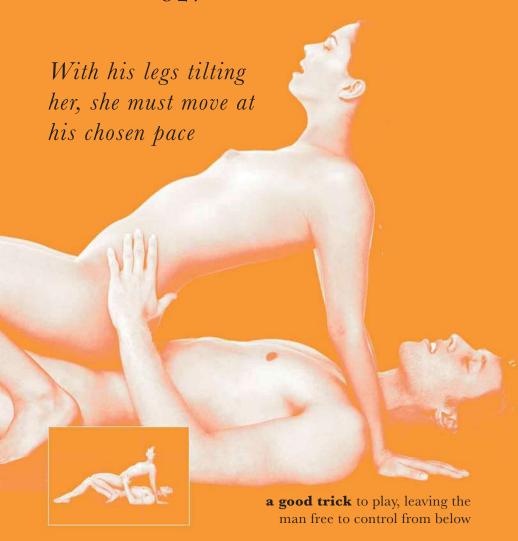


day 325 the soldier's embrace





day 327 the invisible trap



DAY 328 KISSING THE PULSE



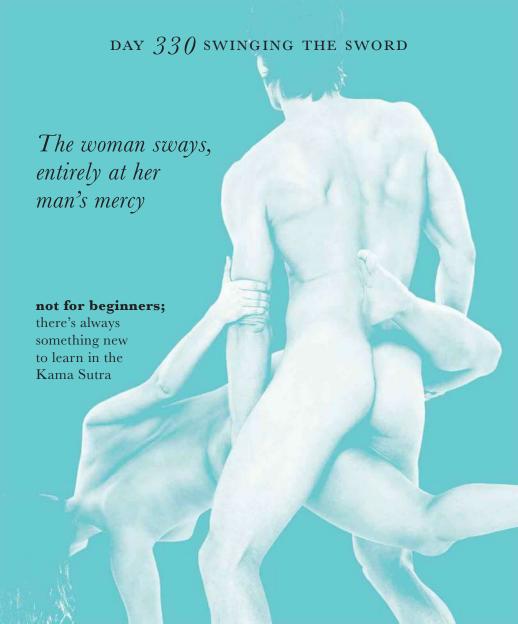
a deeply romantic moment as you honor the life in your beloved

day 329 moss on a branch

Cling close and let your intimacy grow



an elastic and intimate embrace for meditative moments





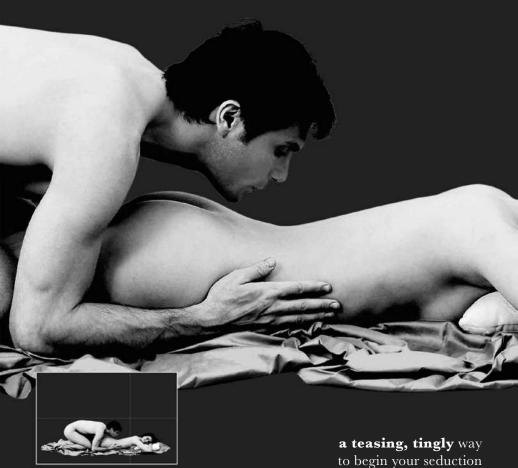
DAY 332 TWO TREES GROWING TOGETHER

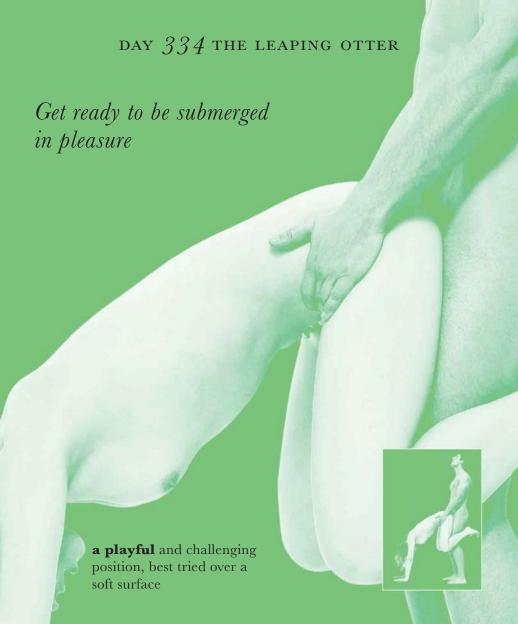


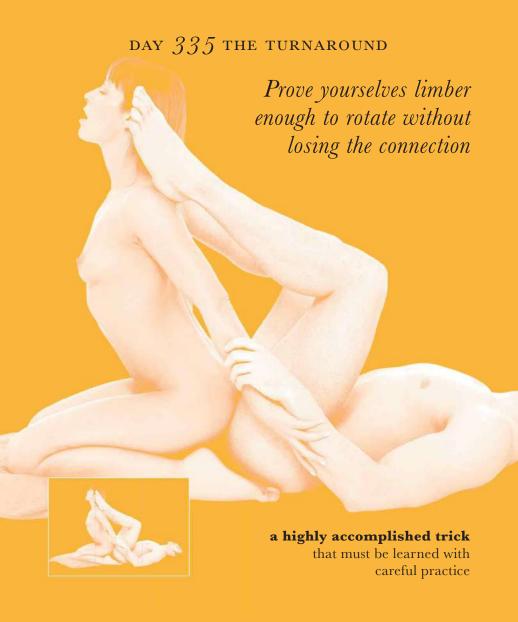
a passionate position, calling for the lovers to combine their strength

day 333 the summoning wind

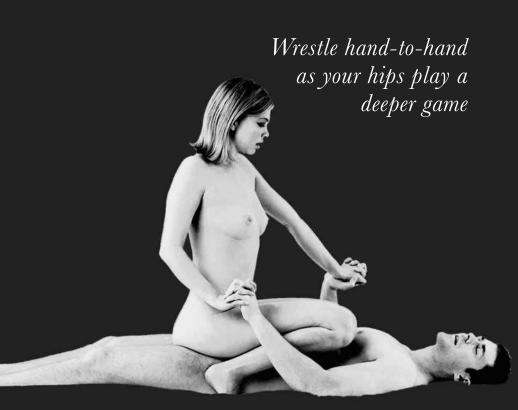
Call your beloved from rest with a playful breeze







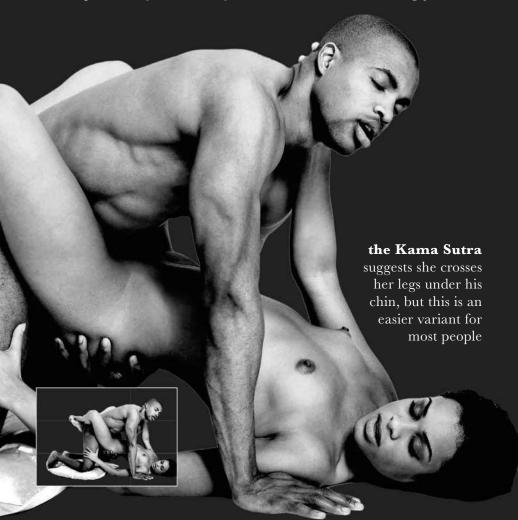
day 336 Tussling Palms



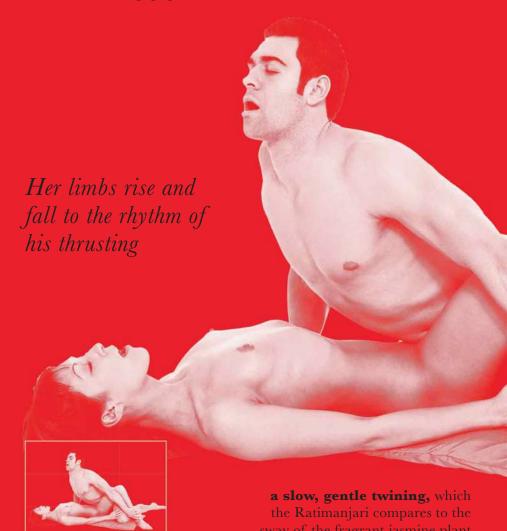
add a playful contest to heighten the thrill

DAY 337 THE LOWERED LOTUS

Wind yourself in comfort around his strong flanks

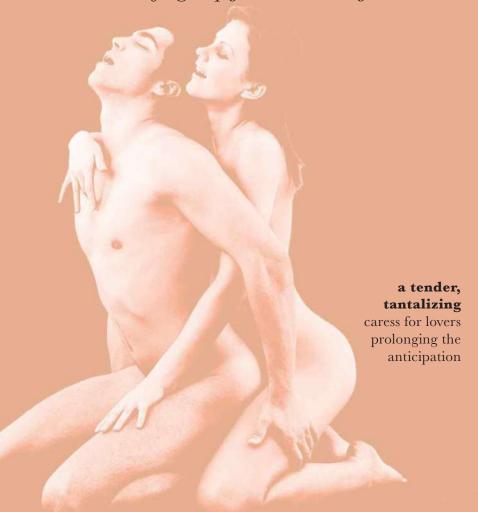


DAY 338 THE CLINGING CREEPER



day 339 drawing the heartbeat

Trace a fingertip for his love to follow



day 340 the basket of scarves

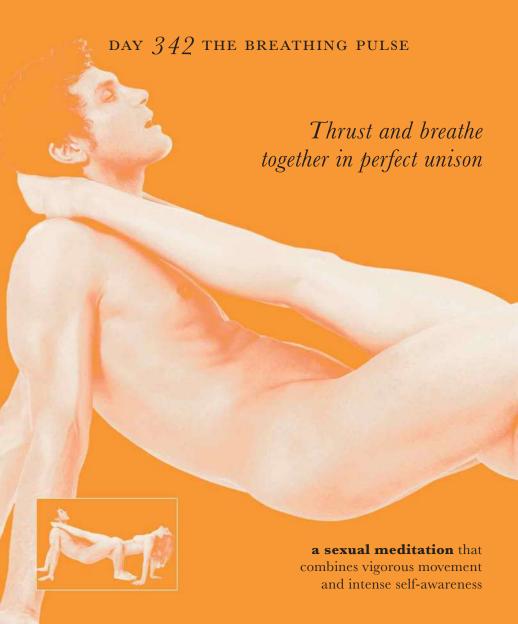
Wind your limbs in tangling confusion



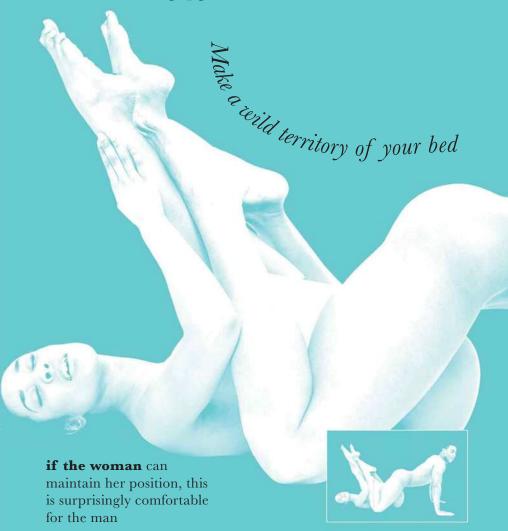
day 341 the staircase seized

Sometimes the bedroom is just too far away

bending one leg all the way up helps make use of the limited space



day 343 the striding fox



day 344 the frog



a gymnastic pose where the bounce is half the fun

day 345 the enclosed embrace

Make a tight space of your tenderness

press close up against each other's naked skin

DAY 346 THE LOVER'S COUCH



an intimate position in which he can give her lovely clitoris lots of attention

day 347 the flower in bloom



a simple position for the passionate couple

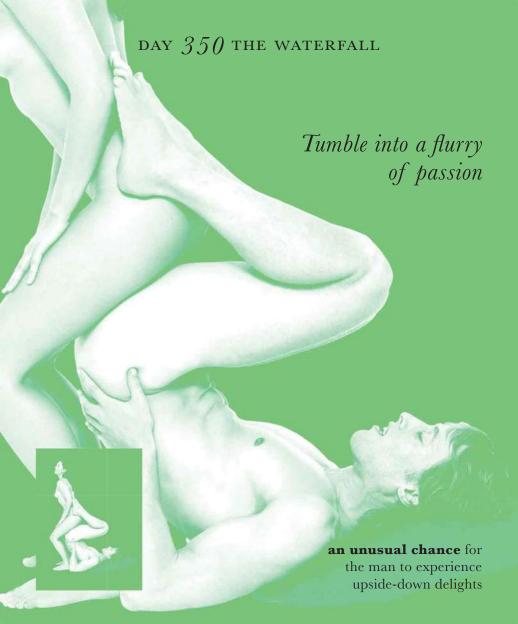
DAY 348 BRIDGE OF DELIGHT



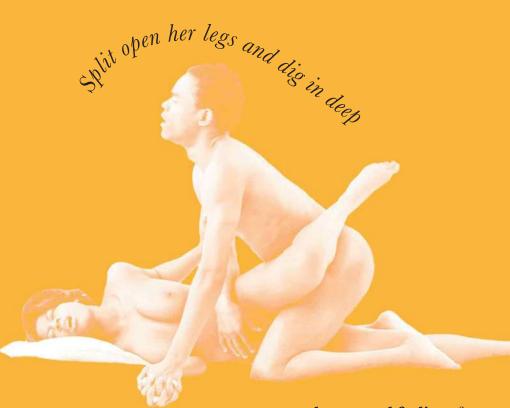
day 349 playing the tabla



a gentleman should lift some of his weight off her as he pulls back for another thrust



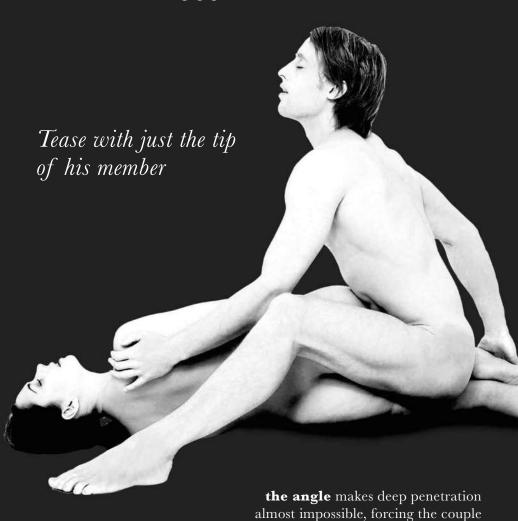
day 351 cutting the orange



the unusual feeling of sideways entry can refresh even a familiar passion



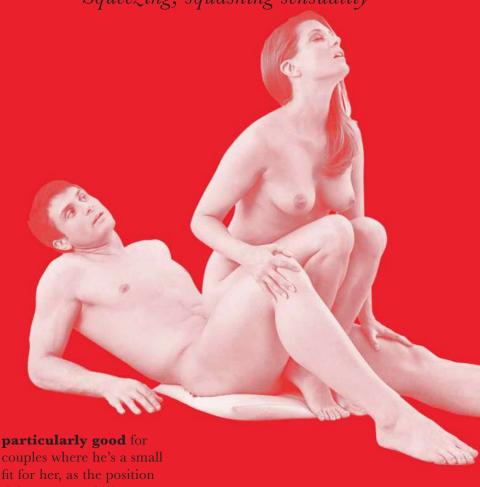
day 353 the light ride



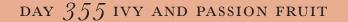
to partake of daintier stimulation

day 354 pressing the stem

Squeezing, squashing sensuality

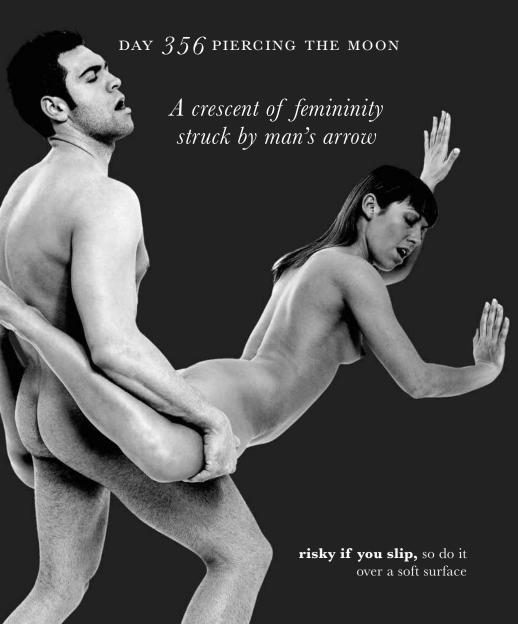


couples where he's a small fit for her, as the position



Rise together, inextricably entwined

fit your limbs together in a perfect interlace



day 357 the thigh's opposition

Make his manhood wait for your pleasure

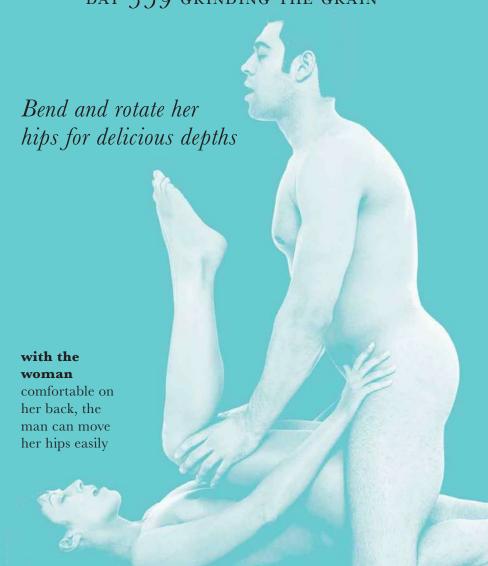


a tease for the man—she ignores his erection and rubs herself against his muscular leg

day 358 the seated bud



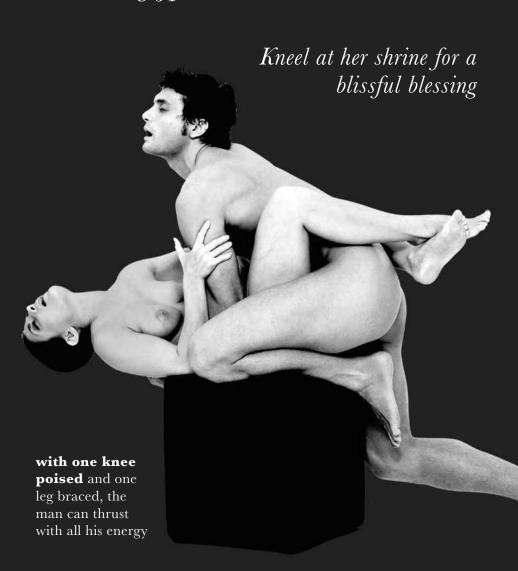
day 359 grinding the grain



day 360 riding the fallen



day 361 the half genuflection



DAY 362 HALTER OF THE PRINCESS

Hold her safe while you take your gentle pleasure



day 363 pleasure's challenge

F. Sers fondle her until she falls

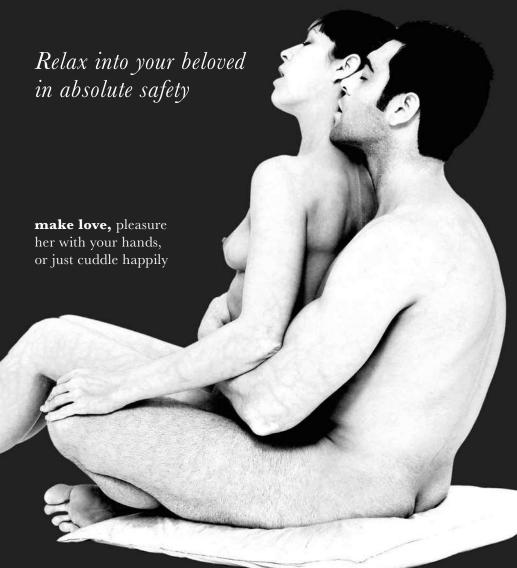
a thrilling game that leads on to wilder lovemaking



DAY 364 THE RECKLESS GRASP



day 365 the sitting sigh





Random Selectors

In the mood for... True Tenderness

7	321	17	76	276	179	112	14	225
174	127	333	90	2	291	123	311	322
338	52	97	82	184	55	305	86	244
137	211	345	170	217	138	347	70	286
1	257	36	234	94	226	24	281	18
328	104	358	68	155	249	339	95	128
144	77	309	131	246	125	43	77	297
45	185	19	224	4	320	194	255	175

In the mood for... Deep Abandon

205	61	40	129	250	10	117	139	245
13	272	181	337	25	229	124	80	19
302	84	232	108	359	91	253	224	360
178	221	3	275	156	218	21	238	148
351	119	67	203	50	260	187	106	92
22	243	312	62	359	113	273	248	64
258	8	122	292	180	126	60	173	310
37	247	199	172	6	146	210	9	158

In the mood for... Playful Moments

47	207	115	317	28	246	150	286	10
340	9	270	<i>57</i>	241	191	85	46	336
11	226	141	357	195	15	266	81	159
251	177	35	171	99	349	78	143	296
198	88	299	5	324	206	8	223	116
307	161	20	334	182	128	363	73	308
29	58	287	132	44	353	107	269	23
190	7	200	75	216	17	293	142	242

In the mood for... Advanced Ecstasies

33	289	209	26	325	193	63	224	215
154	135	71	354	167	51	262	134	100
259	87	348	145	83	295	120	16	271
15	323	121	5	361	212	342	318	196
352	3	192	316	188	102	223	126	350
103	96	335	133	4	326	53	303	157
228	291	169	69	310	183	265	74	230
59	220	27	152	117	13	140	256	39

In the mood for... Peaceful Embraces

9	300	236	76	283	42	314	277	70
329	14	340	213	163	194	12	184	234
231	362	305	6	265	254	105	227	299
355	166	93	240	311	56	191	365	18
32	286	318	281	101	226	114	89	345
346	2	202	130	233	82	247	294	237
162	328	276	48	269	257	66	333	309
267	54	111	282	1	147	288	31	214

In the mood for... Uncommon Pleasures

109	261	239	65	284	176	332	30	252
285	12	327	279	204	293	201	264	165
160	343	189	136	341	41	348	149	92
301	79	298	81	186	304	222	319	219
235	331	49	268	316	98	344	118	313
356	151	315	197	164	330	72	278	230
34	280	274	364	11	262	208	306	16
263	229	168	38	260	110	290	153	184

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